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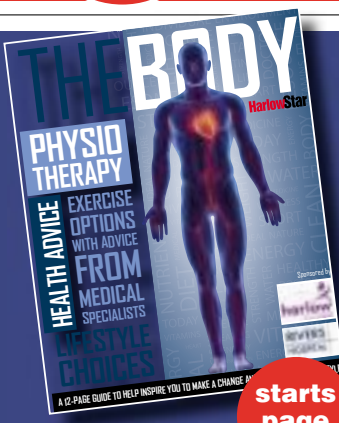
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View more pictures at www.harlowstar.co.uk

County backs down over lollipop threat

GEMMA GARDNER

gemma.gardner@hertssexnews.co.uk

CAMPAIGNERS fighting Essex County Council's proposal to withdraw funding for nearly 50 lollipop patrols are celebrating after the plans were shelved.

All but seven of the threatened school crossing patrols will be saved following Tuesday's announcement by Rodney Bass, the cabinet member responsible for highways and transportation.

The seven patrols that will be sacrificed are at traffic-light operated 'pelican' crossings, four of which are currently vacant. All patrols at zebra crossings will be kept.

The decision has delighted Harlow lollipop lady Jane Chivral, who has been helping children arriving and leaving Potter Street Academy, in Carters Mead, cross the road safely for almost 20 years.

Mrs Chivral led the campaign against the cuts, winning the support



of Harlow MP Robert Halfon after he read about her crusade in the **Star**.

"We're absolutely thrilled the county council has changed their decision for the safety of the children across Essex," she said this week. "I'd like to say thank you to Robert and to everyone who has shown their support."

Mr Halfon, who has been made an 'honorary' lollipop man for his support which included raising the issue in the House of Commons, told the **Star**: "This is great news. The lollipop men and women of Harlow are real heroes."

"We mounted a big campaign in Parliament and in the streets through

a petition and made a significant representation to the House of Commons,

"I think that we should congratulate Jane Chivral who has spearheaded the campaign. I am proud to have served alongside her and worked with her."

>>>continued on page 3

Abduction alert after man grabs girl and tries to pull her into car

A DRIVER who attempted to pull a 12-year-old schoolgirl into his car while she was walking in The Dashes, Harlow, on Monday afternoon is being hunted by police.

The man drew up alongside the girl, got out of his car and grabbed her. He tried to pull her into the vehicle but she managed to struggle free from his grip.

She ran to her home nearby and police were alerted. They have confirmed they are treating the incident as an attempted abduction.

The incident happened at about 3.30pm.

Detective Constable Laura Cuthbert said: "This girl has been left very frightened and upset so we're keen to identify this man and the car. We need to arrest this man and find out the motive behind his disturbing actions."

The man is described as white, in his mid-40s with short black hair and a sweeping fringe. He is of average build, approximately 5ft 5ins tall and has a prominent nose.

Anyone with information is asked to contact DC Laura Cuthbert at Harlow CID on 101 or Crimestoppers on 0800 555111.

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County U-turn over school road patrols

continued from front page

Suzi Stride, Labour's parliamentary candidate for Harlow, said: "I am very pleased that Essex County Council has seen sense on this and have finally agreed to not cut school crossing patrols."

"After months of campaigning by the local community and councillors I welcome the U-turn by the Conservative administration."

"School crossing patrols provide a vital service to people in Harlow and people across Essex and cutting them would risk children's lives."

The initial proposals were to save money and suggested axing funding for 55 lollipop patrols – meaning that schools or local sponsors would have to fund them if they were to be retained.

However, since the launch of consultations in March the council said its financial position had improved.

County councillor Mike Mackrory, leader of the Liberal Democrat group at County Hall, said: "It is a pity this decision wasn't made at last Tuesday's full council when our motion calling on the cabinet member [Cllr Bass] to abandon his proposal to withdraw funding for school crossing patrols, was rejected by the Conservative administration."

He added: "This is a monumental U-turn of spectacular proportions."

Man, 58, in court after flat stabbing

A MAN charged with attempted murder of his flatmate after a stabbing in Harlow at the weekend has appeared in court.

Michael McFarlane, 58, was arrested in Pittman's Field a few hours after a man was attacked in a flat in Halling Hill in the early hours of Sunday.

Mr McFarlane appeared at Chelmsford Magistrates Court on Tuesday and was remanded in custody.

The court scheduled a plea and case management hearing for July 28.

The alleged victim, who is aged in his 50s, is said to be in a stable condition in hospital.

Cheerleaders star alongside US professionals



A TEAM of cheerleaders from Harlow took centre stage at a National Football League event in London.

Ten members of the Galaxy Cheerleading Academy, who train at Summers Leisure Centre, starred alongside the USA's Jacksonville Jaguar's cheerleading team THE ROAR and joined an exclusive group of 25 girls who won a place in the junior academy.

The Jaguars were in the UK to play

an NFL game at Wembley Stadium.

The Galaxy members chosen to join the class were sisters Charlotte and Lucy Eels, Alexdrina and Charlotte Rogers and Liberty Miller, Morgan Purdue, Jessica Purser, Darcie Pretious, Liberty Gill and Madison Saunders.

The group of girls were presented junior ROAR T-shirts and pompoms before taking part in a choreographed final performance.

Claire Eels, mother of Charlotte and Lucy, said: "It was absolutely brilliant and the girls got to keep their pompoms and T-shirts after. They had an amazing time."

Paul Roberts, father of Alexdrina and Charlotte, added: "Getting the opportunity to meet the Jaguars cheerleaders was brilliant. They don't normally dance with pompoms and so the fact they've had that chance is great."

Dad's school anger over bus changes

AN angry father has removed his daughter from school weeks before her exams in a row over changes to a bus timetable.

Lee Dangerfield, 42, of Park Mead, Harlow, said changes to Arriva's 505 service meant 16-year-old Sophie-Leigh would arrive at school in Waltham Abbey two hours early or 30 minutes after registration.

When the school refused her permission to arrive late, Mr Dangerfield took the decision to keep her away. She now studies at home instead of attending her classes.

Mr Dangerfield, a former Harlow councillor, said: "Sophie-Leigh is supposed to start at 8.30am and finish at 4pm because of her exams. With the new bus hours it means she would have to get up at 5.30am to leave at 6.15am."

"As the 505 is hourly she would miss the 4pm bus and would have to wait to get the 5pm bus so she would only get home at 5.35pm."

BIANCA CASTRO

bianca.castro@hertsessexnews.co.uk

"It's a lot to ask during exams. She needs to be studying. It's a 12-hour day and it's exhausting which is why she has been studying at home."

He added: "She has to do it for exams but I told the school not to expect her to come in for normal classes. There is nothing worse than if she did not get the grades she wants because she's too tired."

Denise Halpin, headteacher at King Harold Academy, said: "All staff take the exam period very seriously, especially at Key Stage 4 when our students' results will have a significant impact on their future."

"It is in line with legal requirement that we ask all students attend school on time so that they have the best possible chance of achieving their potential."

"We are aware of a change to a bus timetable within the area and

do empathise with the effect this will have on travel times.

"The school offers a breakfast club to accommodate early arrivals and hope that this will be utilised by pupils who need to arrive before the start of lessons."

Mr Dangerfield said he had reported the matter to Ofsted and Essex County Council and had also made a complaint to the bus company.



ANGRY: Lee Dangerfield

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State education system is definitely in need of reform

SIR Further to your report about the think tank of school heads drawing up an education manifesto (**Star**, May 15), we were pleased to read this article because the education system definitely needs reforming.

We give our full support to Passmores Academy headteacher Vic Goddard in his aim to bring in this reform.

We would like to say as part of local history that Mr Goddard gave his full support in vacating Passmores School from its previous site and creating a 'superschool' on the old Brays Grove site.

At that time there was a debate raging under the Labour government about changing the comprehensive system of education into academies. Mr Goddard was one of the first heads to accept academy status; other comprehensives in Harlow followed his lead.

Today he, along with other heads, seem to be backtracking. When he and the other heads that form The Headteachers' Roundtable meet they need to include at their meetings the National Union of Teachers because teachers are in arms about their pay and conditions of employment.

Currently there is a national agreement for teachers' pay. The threat to teachers is 'pay by results', placing teachers at the mercy of school governors and heads.

We need to remind ourselves of what has happened to democracy in education. The removal of levels of democracy makes academies unaccountable to local authorities.

Michael Gove, the Secretary of State for Education, has an anti-democratic attitude to education.

After Gove's recent visit to Harlow there were no reports to say he had met Mr Goddard to discuss any concerns about education. Gove needs to know that we want all schools to be good schools, employing qualified teachers and working together, not in competition.

Gove has taken £400m from the basic needs budget for state education to prop up his free schools programme. We would like to give our full support to teachers in state education. The first step in any reform of education is that Gove must go.

Tom and Maureen Topley
Willowfield, Harlow

Does the 'people's champion' have this much influence?

SIR I have only recently assimilated the spring copy of the Conservative newsletter in which Robert Halfon, following his campaign against the fuel duty increase, is hailed as a 'champion of the people' by Chancellor George Osborne.

The relationship between the two certainly seems to be extremely chummy - the words hand and glove spring to mind.

Here is a Chancellor who has the Channel Tunnel of tunnel vision in the pursuit of his policies. Are we really expected to believe that our Mr Halfon influenced him in any way whatsoever over the scrapping of the proposed increase in fuel duty?



PHOTO OF THE WEEK



Reader Emma Jones, of Wyldwood Close, Old Harlow, sent in this picture. She writes: "Saturday, May 10 was a day of sunshine and showers but best of all beautiful rainbows. I captured this colourful rainbow over my neighbour's house."

If you have a photo taken in or around the town which you would like to feature in our Photo of the Week section, email a high resolution copy in JPEG format, along with a description of your photo and details of when and where it was taken, to star@hertsessexnews.co.uk. Include your name and address and insert 'Photo of the Week' in the subject line.

A much more believable scenario is that from the very outset Osborne was acutely aware of the considerable political and economic downside of such an increase and had already decided against it.

But before going public, why not let one of his own MPs instigate a campaign against it so that when he does announce that there will be no increase the said MP would collect all the credit and kudos from the country's grateful motorists for a successful campaign?

If the said MP is in a marginal constituency so much the better!

Finally, when it's all done and dusted, clap the said MP on the back, hail him a champion of the people and hope the electorate will be taken in by it. Job done.

Then, of course, there's the bingo tax.

Why not play the same trick again?

But pay no attention to me. I'm just an unreformed and unrepentant old cynic. It does make you think though, doesn't it?

David R. Ives
Bishopsfield, Harlow

I, too, dread the prospect of another summer nightmare

SIR In response to Mr Clarks letter regarding noise, litter and anti-social behaviour in Milwards (**Star**, May 15), I too will be praying for the worst summer on record.

I have to endure the sounds of seven-year-olds screaming profanity across the street, regular destruction of garages, screaming, shouting, fighting, wood being smashed and various other anti-social pastimes. Then there is non-stop cars pulling up with music blasting all hours and neighbours slamming doors so loudly that my walls

shake in the early hours of the morning.

I live in what I can only describe as hell on steroids. Reports fall on deaf ears and my miserable existence on this estate continues.

I should enter the armchair olympics because I am up and down all evening because children have now taken to car surfing. Yes, they run across your car.

It is bitter sweet that I read Mr Clark's letter as I was beginning to think it was just me this affected. Although I wouldn't wish this nightmare on anyone, I am happy I am not just going insane!

name and address supplied

The treatment I received at PAH eye unit was first class

SIR After reading of complaints about Princess Alexandra Hospital I felt I had to write to say that I have had treatment second to none at the eye unit over the last few months, culminating in laser eye surgery with fantastic results.

The care through every step of the treatment was first class.

I would strongly recommend Princess Alexandra Hospital's eye unit to anyone. I can't thank them enough.

Kevin Higgins
The Dashes, Harlow

GPs are now struggling to cope with rising workloads

SIR I am incredibly grateful that I am able to work every day as a GP and care for patients, but it's time to face reality.

The Government must act quickly to ensure general practice can endure the challenges it is facing and can remain a

viable option for the future.

GPs are struggling to cope with rising workloads with no extra funding. Many are left with GP premises completely unsuitable for the increasing patient demand and expanding services, and more and more are left fire-fighting to provide the services our patients need.

The rising pressure has led to increasing waiting times and frustration for patients, and has impacted greatly on staff morale and health.

At my practice staff have taken absence or have chosen to leave the practice altogether due to stress.

The BMA has recently launched 'Your GP Cares', a major new campaign to give patients the true picture of the issues facing general practice in the UK and is calling on the Government to commit to long-term, sustained investment in general practice.

It's time that politicians recognise the challenges facing general practice and accept we need more GPs, more practice staff and better premises that are fit for purpose so we can deliver the care our patients deserve.

Dr Katie Bramall-Stainer

BMA GP representative for Hertfordshire

'Lights out' left me having to walk home in the pitch black

SIR The lights in Harlow go off at 12 and I find myself a modern-day Cinderella too scared to come home after midnight.

Last Saturday I drove home at breakneck speed to beat this deadline but missed it by two minutes, only to discover there was nowhere to park.

I had to park a long way from my flat and walk home in the pitch black. It wasn't a good experience.

Jeanne Rawlings
address supplied

Our names are almost the same but I am still around

SIR I was somewhat non-plussed to read in the **Star** last week a notice announcing the death of someone with the same name as myself - Anthony (Tony) Hall - and whose wife had the same name, Maureen, as that of my wife. The only difference was in the middle name, mine being Lawrence.

The funeral is today (Thursday), the day of the local elections when I am standing for re-election in Church Langley. I have been contacted by about a dozen people who have been kind enough to check that I am alive and well.

I was wondering whether you might print this confirmation that I am still around, and express my sincere condolences to the family and friends of my namesake and his widow.

Tony Hall
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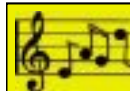


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NEWS

Prime Minister visits college and new UTC

GEMMA GARDNER

gemma.gardner@hertsessexnews.co.uk

THE Prime Minister praised Harlow College as "inspiring" during a visit on Monday.

David Cameron, who arrived with an entourage of bodyguards and advisors, spoke to students in the automotive engineering department and was given a tour of the new Sir Charles Kao University Technical College during the two-hour visit.

Mr Cameron also voiced his opinion on some of the biggest issues facing Harlow – including how to tackle the town's housing shortage, street lighting and the upcoming local and European elections.

Speaking to the *Star*, Mr Cameron described the visit to Harlow College as "fascinating" and "inspiring" and said he was "very impressed" with what the college was doing.

He said: "The college is obviously at the cutting edge of providing the range of things that you need in terms of 16-18 year olds."

He added: "We've got a nationwide target of training two million apprentices under this Government, we've done 1.7m and Harlow is definitely doing its share from everything I've seen today."

Of the UTC, Mr Cameron said: "I think it will be a major addition to Harlow's educational landscape, and a really positive one for young people, parents, and local employers."

During the visit, Mr Cameron told the *Star* that Government schemes like Help to Buy have helped to stimulate the housing market and would be key to tackling Harlow's housing shortage.

He said: "It was put to me very clearly that builders won't build, if buyers can't buy. And the buyers couldn't buy because the lenders wouldn't lend so I thought it was right for the Government to step in. We will help hardworking people in Harlow and elsewhere who can afford a mortgage but can't get the deposit together to be able to buy a home or a flat."



PRIME TIME: Above, David Cameron and Robert Halfon chat to Donna-May Player and Beth Allaway. Left, Mr Cameron and Mr Halfon with Harlow College principal Karen Spencer



"There's no doubt in my mind that Help to Buy has helped to get the housing market moving again and that's good news."

The Prime Minister said where housing would ultimately be determined by local authorities via their local plan.

He said: "I think we all need to recognise as a country we need to build more homes. And housing starts are up 20 odd per cent in the last year so the signs are more positive but we do need to get on with it."

When quizzed about Conservative-led Essex County Council's decision to turn off street lights, he said that although it was an important issue it was one that should be determined locally.

"I don't think the Prime Minister should intervene and say this street lighting policy is the right one or this street lighting policy is the wrong one," he said.

Ahead of today's elections, Mr Cameron

told residents to "think carefully" before voting.

He said Conservatives will provide better services at a lower cost and pointed out that council tax went up under Labour.

"Choose a Conservative councillor that will work hard for you locally rather than UKIP who want to make a protest about Europe, but won't do a good job running your council," he said.

He added: "As for the European elections, Labour and the Liberal Democrats say there's nothing wrong with Europe, UKIP say there's nothing right with Europe. The right thing to do is get stuck in, get a good deal for Britain and let the people have a say and we're the only ones with that very clear plan."

Harlow College principal Karen Spencer said: "We passionately believe that people of all ages should be engaged in the world around them and be active citizens – if his visit inspires more people to engage in the political process, no matter their political persuasion, then that has to be a positive thing."

Decision day for voters in election battle

VOTERS in Harlow go to the polls today (Thursday) for local council and European parliamentary elections.

Voting will take place in all 11 wards on Harlow Council. Twelve seats on the authority are up for grabs with voters in the Mark Hall ward returning two councillors as a by-election is taking place on the same day.

Harlow Council is currently Labour controlled with 19 councillors. The Conservatives have 12 and there is one independent and one vacancy.

Polling stations open at 7am and close at 10pm. Once the polls close the ballot boxes will be taken to the Latton Bush Centre in Southern Way for the count. The estimated time for the declaration of the results is between 2-2.30am.

Star reporters will be at the count and will be tweeting the results as they

are declared on our Twitter feed at @Harlowstar as well as posting them on our website at www.harlowstar.co.uk.

In the European elections voters will be electing seven MEPs to represent the whole of the Eastern region. The 10 parties who have put forward candidates are: An Independence from Europe, British National Party, Christian Peoples Alliance, Conservative Party, English Democrats, Green Party, Labour Party, Liberal Democrats, NO2EU and the UK Independence Party.

Voters will be given a ballot paper listing all 10 parties and the names of their candidates and must place one cross against the party of their choice – thereby selecting all of that party's candidates.

The counting of the ballot papers will not take place until Sunday.

Last week Prime Minister David Cameron appealed directly to Star readers to vote Conservative in today's local and European elections. This week it's the turn of Labour leader Ed Miliband.

The record of this Government is simple: hardworking Britain is worse off month after month, year after year.

Since David Cameron entered Downing Street, working people in Harlow have seen their pay fall by over £1,400 a year. This is a record that no other Government can match.

But these averages and statistics only provide a glimpse of what is really happening to families caught in the crosshairs of the cost-of-living crisis. The link between the wealth of our nation and everyday family finances has been broken. This is visible in Harlow with rising demand for foodbanks and average wages being stretched to cover the cost of a two-bedroom house.

We know this Government can't deliver what is needed to ensure all hardworking families in Harlow feel the benefits of their efforts. And we know the Liberal Democrats can't be part of the solution because they are part of the problem.

In this election campaign Labour

will show how we will make Britain better off by dealing with the cost-of-living crisis and building an economy that works for all hardworking people. Labour has made 10 commitments that show how we will make a difference by making work pay, stopping rip-off prices, and help working parents with 25 hours of free childcare for three- and four-year-olds.

The priority of Labour's MEP candidates like Richard Howitt and Alex Mayer isn't leaving the European Union but changing it so it works to raise living standards for hardworking families in Britain and makes a real difference to your pocket and to your town.

Elections are a moment when people have the chance to help to change their own community and our country. We have set out concrete steps for how we can make that change happen. By voting for Labour in Harlow today you can help us make hardworking Britain better off.

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For a ward-by-ward guide to the candidates in the Harlow Council elections visit www.harlowstar.co.uk

NEWS IN BRIEF

Street robbery victim hit with a bottle after leaving betting shop

A MAN was attacked and robbed outside a betting shop in Harlow on Saturday.

The 26-year-old victim, who has not been named but lived in the town, had just left the Betfred premises in Staple Tye at 5.45pm when he was approached by two men who threatened him.

He was then hit with a bottle before the robbers stole a three-figure sum of cash from him and fled.

Detective Constable Neale Parker, of Harlow police, said: "This happened in a public place and there would have been a lot of people around at the time. I would ask anyone who may have seen what happened to contact me as soon as possible."

Anyone who can help should call the non-emergency 101 number or Crimestoppers on 0800 555111.

Cycle path gang steal iPhone

POLICE are hunting a gang of four teenagers who assaulted a 38-year-old man as he was walking home from work on Friday night and stole his iPhone.

The victim was attacked on the cycle path between the Harlow Water Gardens and the former Passmores School site at about 11pm.

The group demanded money before forcing him to the ground and stealing his phone and a brown shoulder bag. The victim suffered a swollen eye socket and bruising to his back.

Detective Constable Mike Ferguson said: "The victim mentioned there were three other young people in the area at the time and I am appealing for them to come forward as they may be able to assist with this investigation."

Foodbank agrees two-year delivery van sponsorship

ORGANISERS of Harlow Foodbank are celebrating after securing a sponsorship deal for its "lifeline" delivery van.

The two-year deal has been agreed with Places For People, the developers behind plans to build thousands of new homes on countryside north of Harlow.

The foodbank provides emergency food packages for families and individuals in and around the town during times of crisis.

Last year more than 65 tonnes of food was donated to the foodbank which in turn distributed three days worth of emergency food to 3,759 adults and children.

The van is driven by volunteers three times a week and is used to collect food from various drop-off points around the town to deliver it to the warehouse where it is stored before being distributed.

It has also been used in emergency cases to deliver food parcels to the most vulnerable people who are unable to leave their homes.

Gary Knott, director of community services for Harlow Foodbank, said: "The van has become an absolute lifeline for our day-to-day work."

"We're seeing growing numbers of

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bianca.castro@hertsessexnews.co.uk

people turning to Harlow Foodbank and this sponsorship will ensure that we can continue to get emergency food to those families in need."

He added: "Local businesses help to provide vital support to the foodbank and we are very grateful to Places for People for their support."

The foodbank was set up in April 2009 and since then has helped 10,000 people referred by registered care agencies.

Earlier this year the charity said the support of the public was vital as referrals had risen by 59 per cent compared to the same period last year.

The main reasons for referrals are delays in benefits, low income, homelessness, debt, unemployment, domestic violence and sickness.

Mary Parsons, group director of place-making and regeneration at Places for People, said: "Harlow Foodbank provides an essential and valuable service to an increasing number of people and we are very happy to show our continued support."

"I hope that this sponsorship is the start of a lasting relationship."



IN THE DRIVING SEAT: Left to right, Mary Parsons from Places for People, Harlow MP Robert Halfon, Kieran Bartlett, Gary Knott and Kevin Tierney

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NEWS IN BRIEF

Carers charity to use grant to fund intensive support project

A HARLOW-based charity which supports carers has received a grant of £4,000 to help it continue its work in the community.

Caring for Harlow Carers, which was awarded the money from the Essex Millennium Fund and Essex County Council Chairman's Fund, will use it to run an intensive support project for its most vulnerable carers.

Fiona Langridge, Caring for Harlow Carers manager, said: "We run support groups, do home visits and hold social events. We arrange things to lessen the burden of the carers.

"We are here for the families who have a high level of need. It's really about getting to know them and standing side by side with them.

"This grant will help us provide intensive and emotional support for families who have a lot going on in their lives and are in a difficult situation."

Police probe Berecroft break-ins

POLICE investigating a burglary and an attempted break-in at two houses in Berecroft, Harlow, are appealing for witnesses.

Both incidents took place on Friday, May 9. The first happened between 10am and noon when the front door of a house was forced open and jewellery worth around £1,000 stolen.

An hour later an unsuccessful attempt was made to break into another property. The framework of the door was damaged.

Anybody with information about the incidents should contact Detective Constable Gav Morris at Harlow CID on 101.

Two killed as car bursts into fire in M11 pile-up



A BROTHER and sister died when the car in which they were travelling burst into flames after hitting a horsebox on the M11 between Harlow and Bishop's Stortford.

As the **Star** went to press yesterday (Wednesday) police had not named the two victims of the accident as they were still waiting for formal identification to take place.

However, they have said they were a 53-year-old man from the Netherlands and his 45-year-old sister from Kent.

The accident happened on the north-bound carriageway of the motorway shortly after 2pm on Thursday.

Five vehicles - three cars, a lorry and a horsebox - were involved in the pile-up which closed the motorway to northbound traffic between junctions seven and eight for 14 hours.

The two people who died were travelling in a Toyota car that was struck by a number of other vehicles before colliding with the rear of the Mercedes horsebox which was taking five horses to the Newmarket racecourse.

According to eyewitnesses, the car burst into flames on impact. Both occupants died at the scene.

Calum Brown, 16, of Jenkins Lane, Bishop's Stortford, rushed to the scene after his mum, Sue, saw smoke coming from behind their home.

"I was doing revision for my A-levels when my mum said there was a lot of smoke from down the fields," he said. "I

STAR REPORTERS

star@hertsessexnews.co.uk

looked out of the window and saw the fire was coming from the motorway."

He added: "There was a massive traffic jam. There must have been over 100 emergency service people and there were horses on the motorway.

"There was lots of noise and sirens and there were helicopters landing on the motorway."

Two other people were taken to Addenbrooke's Hospital at Cambridge.

A 23-year-old woman from Cyprus, who was catching a flight from Stansted Airport, was flown to the hospital by air ambulance. She was a passenger in a Jaguar car being driven by a 49-year-old man from Romford who suffered head injuries and was taken to hospital by land ambulance. Both have since been released.

The drivers of the lorry, the horsebox and a Vauxhall van sustained minor injuries.

Police said the driver of the lorry was arrested on suspicion of causing death by dangerous driving.

The 49-year-old man from Staffordshire was questioned and later released on police bail until September 15 while enquiries continue.

Anyone with information about the accident is asked to contact the Serious Collision Investigation unit on 101 or via email at collisionappeal@essex.pnn.police.uk.



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COMMUNITY NEWS

Alfie's an inspiration to fundraiser mum

YASMINE BLACKMAN

star@hertsessexnews.co.uk

A SELF-confessed speed demon is planning her next fundraising challenge after completing a charity run inspired by her son's rare heart condition.

Claire Worth, 27, of Bush Fair, Harlow, decided to take part in the Subway Helping Hearts Family 5k event in Cambridge to raise money for Heart Research UK.

Claire's five-year-old son Alfie has dextrocardia, a condition which means his heart points to the right side of his chest instead of the left and is a mirror image of a normal heart. Fortunately he does not suffer from health problems as a result.

Claire, who works at the Queensgate Centre branch of the takeaway sandwich chain, ran the race with her manager Caroline Conn.

"It was brilliant," said Claire. "We ran the whole way and it was lovely. It was tough but it was a great thing to do."

"I think Alfie was more excited about my medal - everyone who took part received one - than anything else."

"I have already signed up to do it again next year. Caroline and I also want to do a skydive. I'm a bit of a



HEARTFELT: Claire Worth and her son Alfie

speed demon so I can't wait."

The 5k run raised funds for Subway Healthy Heart Grants fund which helps to raise awareness of the importance of maintaining a healthy heart.

Claire added: "I know how lucky we are that Alfie won't suffer from his condition but it's important to raise money so that others that aren't as lucky can receive the help they need thanks to important research."

"It is a very important cause to me and my family. If it wasn't for my son I wouldn't have known about the condition."

"The run helped raised awareness as well as the money needed for research, I think heart charities get overlooked sometimes and I want people to know that there are so many things that can go wrong with the heart."

"We've had a lot of support from regular customers and we're very grateful for it."

Old clothes are put to good use

SLIMMING World members in Harlow will be clearing out their wardrobes this month to raise money for Cancer Research.

The big clothes throw event will see members of Slimming World clubs donating clothes that no longer fit them to raise funds for the cancer charity.

Last year the week-long campaign raised almost £1m nationally.

Cara West, a Slimming World team developer for Harlow, said: "Last year only a third of our groups took part, but this year we have more groups getting involved. We are hoping to raise double what we raised last year."

"It is a lovely opportunity to raise money for charity and inspire our members."

Anne's £1,500 for cat sanctuary

A VOLUNTEER at Chestnut Cat Sanctuary has raised more than £1,500 after a successful clairvoyance fundraiser.

Anne King organised the event to raise money for the cats and kittens looked after at the Thornwood Common sanctuary - including part of their vet care - at the Park Inn Hotel in Southern Way and has raised £1,512.

About 150 people turned up for the fundraiser. "I really could not believe how many people turned up and how much was raised," said Anne. "It was amazing."

"The £1,000 will be going to the vets and the other £512 has gone on basic supplies for the cats."

Fire station hosts dementia event

A DEMENTIA awareness day held at Harlow Fire Station, in Fourth Avenue, was supported by 15 organisations from the town.

Princess Alexandra Hospital, the Alzheimer's Society and Asda were among those who took part in the event which was held to help the town gain the status of a 'dementia friendly' community.

Firefighters from both the Harlow and Old Harlow stations have also been undertaking dementia awareness training.

Concert fundraiser for Derwent Centre

TICKETS have gone on sale for a concert to raise funds for the Derwent Centre in Harlow.

Vintage Quarter and singer Amy Westney will be taking to the stage at the Great Parndon Community Centre on June 28.

Tickets cost £8 (family ticket £16) and can be bought by calling (01279) 827264 or emailing claire.newman@nepft.nhs.uk.

Lottery winners

THE winner of the £1,000 first prize in the St Clare Hospice lottery drawn on Friday, May 16 was ticket holder 638059 who lives in Sheering. The second prize of £200 was not won and will be rolled over to the next draw when the jackpot will be £600.

Brownies go gardening for anniversary



A GROUP of Brownies have celebrated a century of Guiding with a spot of gardening.

Members of the 1st Tye Green pack celebrated the 100th anniversary of the movement by planting a floral display in the shape of a Brownie badge.

The youngsters created the trefoil-shaped display in the grounds of the Friends Meeting House at Church Leys, Harlow, using yellow flowers donated by The Range store.

It was part of a series of events to celebrate the Big Brownie 100th Challenge. Brownie leader Sharon Head said: "The

girls enjoyed it and the outcome is lovely."

"The garden looks great and will keep growing back year after year. Everyone was impressed with the garden, and we have even been given more bulbs to plant."

"The idea behind the celebrations is to challenge yourself and help the community. We are trying to give the Brownies a wider range of things to do."

The 1st Tye Green Brownies are preparing for more challenges over the summer, including building a giant insect house, creating a sculpture and taking a trip to the Thriftwood Scout Camp at Brentwood in August.

FASHION VICTIMS:

Left to right,
Brooke Stacey,
Rebekah Birch,
James Barber and
Mikki Harris



Dig out the shoulder pads: Midnight Walkers urged to dress to impress

ORGANISERS of next month's Midnight Walk in Harlow have been busy offering fashion tips to people planning to take part.

This year the St Clare Hospice fundraiser has a 1980s theme and walkers are being encouraged to dress up - with shoulder pads, legwarmers and rasta skirts expected to prove popular.

In a bid to inspire costume ideas, some of the hospice team were transformed into their favourite '80s idols with help from the Fancy Dress Boutique in Old Harlow.

St Clare communications and marketing assistant Eleanor Scotchbrook said: "From the New Romantics to punk, the '80s was a fantastic decade for iconic fashion, hair and make-up so we are expecting our Midnight Walkers to dress to impress."

"Whether it is a power suit with huge shoulderpads or acid wash

denim with a stack of neon bangles, there is so much to take inspiration from and we cannot wait to see what costumes people come up with."

More than 450 people have already signed up for the Midnight Walk, which is sponsored by NWES and supported by the Star.

The fun night takes place at the Water Gardens on Saturday, June 28. Music and entertainment starts at 8pm before the walk gets under way at 9.30pm.

There are two routes - 5km and 10km - and a 2-for-£20 registration offer runs until the end of this month.

To sign up, visit www.stclarehospice.org.uk/midnight.html or call the fundraising team on (01279) 773750. Registration forms are also available from the hospice reception at Hastingwood or any of the St Clare shops.

Hospice refurb offers a 'home from home'

BIANCA CASTRO

bianca.castro@hertsessexnews.co.uk

A MAJOR refurbishment of St Clare Hospice was officially unveiled on Tuesday.

The £472,000 Space to Breathe project has transformed the day therapy and community facilities to complement the previous renovation of the inpatient unit day.

The work, which was completed in March, was funded through a capital grant from the Department of Health and has allowed the hospice to create a "comfortable home away from home".

Hospice chief executive Tanya Curry said: "We want people to feel comfortable and relaxed when they are here."

"If patients are relaxed and happy you can get the best out of them. We didn't want the hospice to feel clinical or dark and gloomy; the rooms are all light, airy and functional."

The refurbishment has allowed the day therapy facilities in the original farmhouse to double in floor space. They include a reception desk, patient lounge and disabled toilet facilities.

The conversion of the former garages has added additional rooms used for creative therapy.

Five consulting rooms have also been provided including hairdressing and complementary therapy in properly designed and equipped areas.

An upgraded family room and a remodelling of the dining room and visitors' kitchen as well as a new patient



ALL CHANGE: Left, Bill Whiten, Tanya Curry and Solly Zakhara. Below left, day therapy manager Emily Stowe with Betty Mansfield and Dolly Slack



bathroom all form part of the refurbishment.

The work was carried out following discussions with patients, families, volunteers, staff, trustees and other stakeholders. All the hospice's services remained open while the refurbishment work was carried out.

Ms Curry said: "I think it is so much easier for staff and patients now. Staff can look after people effectively."

"I think in terms of putting teams of

staff together it allows them to talk and share information which is great.

"It has made a huge difference. It's all about space and making people comfortable in a home away from home."

Ms Curry said feedback had been very positive.

Betty Mansfield, 79, of Sumners, and Dolly Slack, 75, of Staple Tye, have been attending the hospice once a week as part of a 12-week programme.

Ms Mansfield said: "I'm going to miss it when the programme is over. It is a lovely place and we have made friends here. It's just a lovely place to come to."

Ms Slack added: "It's comfortable and nice. We would come more often if we could and we'd keep coming back. It's a lovely space."

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Chief's plan to put an extra 500 police officers on the beat

HUNDREDS of officers are being put back on the beat as part of a shake-up of police resources.

Specialist firearms, roads policing and public order officers are being switched to local policing as part of the plan drawn up by Essex Chief Constable Stephen Kavanagh with the agreement of police and crime commissioner Nick Alston.

The changes, which will come into effect on September 1, follow a comprehensive review of resources throughout the county.

"I believe the public of Essex want policing delivered locally," said Mr Kavanagh. "For me it is about locally based, locally accountable, locally led officers, police community support officers and staff delivering across a range of response, investigation and engagement responsibilities."

"To invest 500 officers in local policing I will align about 400 centrally controlled response officers to the local policing teams and make carefully considered reductions to our firearms, roads policing and public order capabilities."

The force will retain 103 officers – three inspectors, 20 sergeants and 80 constables – providing round-the-clock coverage on the road network, supported by a casualty reduction team of one staff manager, four sergeants, 12 constables and 12 police staff inves-

SINEAD HOLLAND

star@hertsessexnews.co.uk

tigators and a specialist road investigation team of one inspector, five sergeants, 21 constables and three civilian investigators.

The firearms team will retain 85 officers – one inspector, nine sergeants and 75 constables – but the main change will be in public order. Currently the force trains 325 officers in specialist tactics and they are spread across teams around the county. The force will retain 50 officers in a specialist public order team.

In all, around 60 officer posts will be removed from the specialist units, saving around £3m.

Mr Kavanagh said: "These changes support my commitment, shared with the police and crime commissioner, to ensure Essex has a strong and effective local policing model."

"Essex Police will continue to have named officers as key points of contact for local communities, supported by locally based PCSOs each with designated beats to patrol."

This week the constabulary launched a drive to recruit new constables who Mr Kavanagh said were vital to a "strong and vibrant force". He also said he planned to transform the way the public access police services with online crime reporting and use of the latest technology to ensure officers spend more time on visible patrol.



STITCH UP: The Teatime Stitchers, from left, Joan Bowerman, Jacky Hodgson, Katharina Gerstorfer, Joan Jones, Judy O'Malley, Christina Davis and Bunty Leamon

Village needle wielders raise £800

A GROUP of women have been selling their needlework to raise money for maintenance to local churches.

The Teatime Stitchers held an exhibition at High Laver Church of some 30 hand-stitched pictures depicting women of importance, from history and other cultures.

The group sold their work and, with the help of a raffle and cakes, raised £800.

The stitchers, who range in age from 50-80, are a group of women from the villages of Matching Tye, High Laver, Magdalen Laver and

Little Laver and the surrounding area.

The group, led by Katharina Gerstorfer, meet every Thursday lunchtime and all their projects raise money for the local churches, St Mary the Virgin in High Laver and Magdalen Laver Church.

Joan Bowerman, a member of the group, said: "The exhibition went very well and we only had a few pieces left unsold. The church dates from a mixture of centuries, so it needs a lot of love and attention."

"It will also go towards general maintenance."

Charity backs call to get cats microchipped

CAT owners in Harlow are being encouraged to get their pets chipped.

The Harlow, Epping Forest and District branch of Cat's Protection is supporting National Microchipping Month, which takes place during June.

Microchipping is a safe and permanent means of identification which increases the chances of a missing cat being reunited with its owner, but about 85 per cent of strays that come into the care of the branch are not tagged.

Branch co-ordinator Sue Harris said: "When a cat comes into our care, the first thing we do is look for some sort of identification, including scanning for a chip."

"In a lot of cases there is no microchip so we have to trawl lost and found registers and advertise the cat as missing. It's a very time consuming process with no guarantee that we will ever locate the owner, despite our best efforts."

"And yet all of these problems could be solved by a tiny chip no bigger than a grain of rice."

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NEWS

Girl power!



Hundreds join the Race for Life in Harlow Town Park

words: **BIANCA CASTRO** photos: **STEVE WEEMES**

A TIDAL wave of pink swept across Harlow Town Park on Sunday as more than 1,600 women set about raising money for Cancer Research UK.

Organisers of the town's Race for Life said a "heartfelt thanks" to the hundreds who took part - and are now urging them to send in their sponsorship money as soon as possible.

They are confident that if all pledges are met they will have reached their target of £138,000.

The runners, who had the choice of either a 5km or 10km course, were set on their way by nine-year-old Aimee Winter, pictured left. The Saint Nicholas School pupil, who has twice beaten cancer, then joined her Aimee's Girls team to take part.

Gill Burgess, Race for Life event manager for Harlow, said: "We are so very grateful to all our participants, supporters and wonderful volunteers who helped make it such an amazing event."

"Now we are asking everyone to return the money they've raised so it can go into vital research to help more men, women and children survive cancer."

She added: "The money people raise through Race for Life is crucial. With help from Harlow residents, we intend to bring forward the day when all cancers are cured."

"I would like to say a massive thank you to our incredible army of volunteers without whom it simply would not be possible to put on Race for Life."

"Extra special thanks goes to Marie and Gary Golder and Colin Beckett, who set-up and managed both 5k and 10k races."

More pictures on pages 12, 13 & 14



View more pictures at www.harlowstar.co.uk



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In the pink: Photo gallery



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captures the spirit of the Race for Life



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intuelephantparade.co.uk | #eletour



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IN THE RACE FOR LIFE? TELL US HOW YOU

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Travel advisor Kerry makes move to start up on her own

A TRAVEL counsellor who has been working in the industry for 17 years decided to set up her own business after missing her customers too much.

Kerry Vidler, of Old Harlow, was working for a tour operator before she decided to start up on her own as a travel counsellor - a self-employed travel agent.

"It was my customers really," Kerry said. "I wanted to set up on my own before but never did and when I started working for a tour operator I really missed my customers."

"I kept bumping into people I had booked holidays for and everyone kept telling me to do it, saying they missed me so it was pretty much thanks to them."

Kerry officially started as a travel counsellor earlier this month and has already booked several holidays including trips to Egypt and Berlin.

"I'm really pleased with how things have gone so far," she said. "Although I am self-employed we have a head office and can keep in touch and they say that on average most people get their first booking in 32 days so I'm really pleased."

"Whenever I book holidays for anyone I always look at it as if it is my own holiday. I'm completely independent."

BIANCA CASTRO

bianca.castro@hertsessexnews.co.uk

ent so I can book whatever types of holidays wherever. I will book whatever works out best for the customer."

The 35-year-old, who has also travelled extensively including visits to the USA, Turkey, Iceland, Caribbean, and the Balaeric Islands, started her career in the travel industry through foreign exchange after her aunt, also a travel agent, helped her find a job.

"I really like what I do, and I'm passionate about travel."

"I can book any type of holiday for anybody and I try to make everything as convenient as possible."

On Kerry's wish list is to travel the Route 66 in a convertible Mustang. She added: "My favourite country that I have visited is the USA. I will always favour New York as it was there that my husband proposed to me on top of the Empire State Building."

To book a holiday or for any more information contact Kerry on (01279) 883970, email kerry.vidler@travelcounsellors.com or visit www.travelcounsellors.co.uk/kerryvidler.

KERRY VIDLER



Birthday celebrations at business hub

A FIRM which provides offices for new and developing businesses, has celebrated its 10th anniversary at the Greenway Business Centre at the Harlow Business Park.

To mark the milestone Capital Space managing director Peter Boam visited the centre and presented a £1,000 donation to No Child Without, a charity set up by Passmores Academy teacher Dave Archer.

The firm also presented various awards to its customers.

Centre manager Lorraine King said: "It's great that 10 years on we still have customers who joined us at the start. Our centre has become a hub of activity."

"We have witnessed great results in the last decade and saw a phenomenal fill level in 2013 when most of our growth came from the entrepreneurial business owners either taking on more space to grow or new businesses joining our thriving community."

NEWS IN BRIEF

Young people given career advice as part of campaign

RECRUITMENT advisors from Adecco, hit the streets of Harlow to offer some tips to young jobseekers as part of a Way to Work campaign.

The team of advisors also visited Harlow College to hand out leaflets and give advice to 16-24 year-olds about how to gain employment.

Carl Costain, manager of the West Square branch, said: "In Harlow there is a high level of unemployment. However, there is a market for 16-24 year olds and I believe that there are jobs out there for them."

"A lot of people were engaged and I think the advice went down well."

For more information about the Way to Work campaign visit www.waytowork.com/en.

Still time to reserve a stand at town business exhibition

ALMOST 120 stands have now been taken for next month's Harlow Business Exhibition.

Recent bookings include Heart Radio, Park Inn, Rose Opticians and Blue Line Furniture.

Organisers of the showcase event, which takes place at Harlow Leisurezone on Tuesday, June 10, say there are still spaces available. For more information visit www.harlowbusinessexhibition.co.uk or call (01279) 775953.

Free parking will be available on the day but only for pre-registered visitors. Admission to the event is free.

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FAMILY ANNOUNCEMENTS

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Births

It's a Girl

HOWLETT & PARFITT Sam & Amanda

Are proud to announce the birth of their second beautiful daughter LUCY. A sister to SOPHIE. Safely arrived on Saturday 10th May 2014.



Birthday Greetings

Happy 16th birthday



Megan Cashin

On 26th May

Lots of love

Mum, Dad, Matt and Faye

xxxx



Wedding Anniversaries

Diamond Anniversary



Gray Shirley and John

Mum and Dad

One by one each year

flew by,

Since you both said I do

60 years of memories,

Shared by the two of you.

From big events and

holidays

To simple daily

pleasures,

Some tearful times along

life's way,

Some joys that cant be

measured

One by one each year

now gone,

But still they are yours

forever

Each and every memory,

Of sixty years together!

All our love, always

Royston, Russell,

Glenn, Neill, Sally

and Families xx



Deaths

CELIA JEAN CAVE

Peacefully in St. Thomas Hospital, London, on 14th May 2014, aged 84 years.

The beloved Mum to Philip, Christopher, Michael and Richard, a wonderful and loving Grandma to her 8 Grandchildren and 1 Great Grandchild.

She is now re-united with her dearest John and will be sadly missed by all her loving family and friends.

Celia's Funeral Service is to be held on Wednesday 28th May 2014 at Parndon Wood Crematorium at 1.45pm.

Family flowers only please, donations if desired for St. Clare Hospice. Cheques made payable to M.F.H. Charities Account.

All enquiries and donations to the Funeral Directors, Masterson Funeral Home, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

TONY HESLOP

Peacefully at Home, on 7th May 2014, aged 57 years. The beloved Husband of Pauline and a dear Dad to Ria Ali - Jackson.

He will be sadly missed by all his loving family and many friends.

Tony's Funeral Service is to be held on Thursday 29th May 2014, at Parndon Wood Crematorium at 1.00pm.

Family Flowers only please, donations, if desired to be divided between the "Harlow Macmillan Nurses", "St Clare Hospice" and the "Prostate Cancer Trust".

Cheques made payable to MFH Charities Account. All further enquiries and donations to the Funeral Directors, Masterson Funeral Home, Station Road, Old Harlow, Essex, CM17 0AS. Tel: 01279 626238.

JOHN KERSEY HOLLINS

Peacefully in the Princess Alexandra Hospital, on 7th May 2014, aged 86 years. Reunited with his beloved Wife Jean who passed away 1st March 2014.

A dear Dad, Grandad and Great Grandad who will be sadly missed by Peter, Mark, Diane, Jan, Sam, Scott, Natasha, Stacey and Mason, and all his Family and Friends.

John's Funeral Service is to be held on Friday 30th May 2014, at Parndon Wood Crematorium at 1.00pm.

All enquiries and flowers to the Funeral Directors, Masterson Funeral Home, Station Road, Old Harlow, Essex CM17 0AS. Tel: 01279 626238.

JESSIE HUGHES

Sadly passed away 12th May 2014 A much loved Mum, Grandmother and Great-Grandmother.

Funeral to be held Friday 30th May 2014, Parndon Wood Crematorium at 4pm.

All flowers to The Co-operative Funeralcare, 01279 441444

JIM ROSE

The Rose family wish to acknowledge the kindness shown by everyone in the recent unexpected passing of Jim on 11th May 2014. For funeral details please contact

Daniel Robinson & Sons, 78/81 South Street, Bishops Stortford, CM23 3AL. Tel: 01279 655477.

Deaths

ELSIE STAINES

Peacefully at her Hatfield Heath Home on 12th May 2014, aged 100 years.

The beloved Mum to Aub, Doris, Daphne and Robin, a wonderful and loving Nan to her 9 Grandchildren and Great-Nan to numerous Great-Grandchildren.

She will be sadly missed by all who knew her. Elsie's Funeral Service is to be held on Tuesday 3rd June 2014, at Parndon Wood Crematorium at 1.00 pm.

Family flowers only please, donations if desired to be divided between Breast Cancer Research Fund, Prostate Cancer UK, and the Teenage Cancer Trust. Cheques made payable to MFH Charities Account.

All further enquiries and donations to: The Funeral Directors, Masterson Funeral Home, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238

SYD TEMPLE

Passed away peacefully on 15th May 2014, aged 85 years.

Loving husband to Stella, Dad to Martin & Graham, Grandad to Jack and Great Grandad to Mollie.

The funeral service will take place at Parndon Wood Crematorium Chapel on Friday 23rd May at 2.30pm.

Family flowers only please. Donations, if desired may be made payable to Saunders Ward Princess Alexandra Hospital would be gratefully received c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990

MARGARET WRIGHT

26-04-30 - 13-05-14

Wonderful Wife,

Mother and Nan.

Will be sadly missed.

Funeral to be held

at Parndon Wood

Crematorium on

27th May at 11.30am.

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In Memoriam

HEATHER CHITTOCK

Another year passes without you.

We miss you every day.

Until we meet again.

John, Linda, Stephen,

Andy, Connor, Casey

and Alfie.

GOLLINS Pat — Thinking of you on your birthday, May 26th. I miss and love you always. Your loving Wife Cath. x

GOLLINS Pat — To a lovely Dad and wonderful Grandad on your Birthday. Love and miss you very much. Love Sue, Pete, Donna, Scott, Elliott, Josh, Jack & Callie. xxxxxxxx

GOLLINS Pat — Dad and Grandad on your Birthday. Thinking of you always Dad and loving you forever. Tracy & Kate. xx

LESLEY GRANGER

Happy birthday, you would have been 48 years old on 27th May. I miss you so much, you were and always will be my one true love.

The world lost a goodun when you died, and I lost my world. Your doting husband, Danny.

GRANGER Lesley — Remembered on your birthday. Sleep safe in the arms of the Angels. Love Selma, Mick and all the family. x

NELLIST JOHN CHARLES

September 1929 -

May 25th 1997

You remain in our

hearts whilst the

music plays.

Remembered lovingly

by his Wife and family.

Birthday Memories

MICK GRIFFITHS

On your Birthday 26th May

Those we love don't go

away,

They walk beside us

every day.

Unseen, unheard, but

always near,

Still loved, still missed

and very dear.

All our love,

Margaret & family.

xxxxxx

Derrick SNELL

Remembering Derrick on his Birthday 22nd May.

Sadly passed away 18th January 2013.

Still loved and missed very much Daisy, Carol, Jeff and family.

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Deaths

Elizabeth Wood ALSO KNOWN AS Betty Day nee Steele

Passed away peacefully on Thursday 8th May 2014, after her long battle with MS.

Dearly loved mother of Jacquie and Roger, grandmother of Zoe and Emily.

Funeral Service to be held at Parndon Wood Crematorium, Harlow. Tuesday 27th May 2014, 2.30pm

Flowers, or donations if desired may be sent to Daniel Robinson Funeral Directors, Bishop's Stortford 01279 655477 or www.drobinson.co.uk

Celia CAVE

Celia Cave, widow of John Cave, passed away peacefully at St Thomas hospital on Wednesday 14th May. A dearly loved mother and grandmother. She will be sadly missed by her family and friends. The funeral service will be held at Parndon Wood Crematorium on Wednesday 28th May at 1.45pm.

Family flowers only please, but donations, if desired to St Clares Hospice.

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Company director guilty of benefit fraud is ordered to repay £10,000

A BUSINESSMAN from Harlow has been ordered to carry out unpaid work after claiming more than £10,000 in benefits while running a company.

Steven Fry, 38, of Freshwaters was found guilty at Chelmsford Magistrates Court on Monday of failing to tell Harlow Council he was a company director.

The court was told that Fry also failed to declare seven personal bank accounts which at one point held a total of more than £32,000 and did not tell the authority his circumstances had changed when he got married.

For a period of 19 months - between October 3, 2011 and March 31, 2013 - Fry claimed £7,891 in housing benefit and £2,301 in council tax benefit which he has now been ordered to repay.

He also received a community punishment order for 12 months and was ordered to carry out 130 hours of unpaid work in the community. He must also pay £1,200 towards the council's costs and a £60 victim surcharge.

Speaking after the hearing, a Harlow Council spokesman said: "The council takes benefit fraud extremely seriously. Claiming benefit which you are not entitled to is effectively stealing money from taxpayers."

"The council will always prosecute anyone who tries to take advantage of a system that is designed to provide financial help to those who are most in need."

"It's important that people contact us immediately when their circumstances change as this could affect the benefits they are receiving and they could be committing benefit fraud."

County refuses UKIP call to review highways contract

A BID to increase competition and raise the quality of road repairs in Essex has been blocked by County Hall.

A motion calling for the existing repairs contract with Ringway Jacobs to be re-negotiated was put to Essex County Council.

UKIP councillors argued that a single contract removed all competition from other potential firms and meant local companies would be unable to compete in the future.

Instead they suggested that no contract should be for more than half of all 'reactive' maintenance or one-quarter of maintenance, with remaining work split between at least five unconnected companies.

Members of the Labour group said district, borough and city councils should be given more control of road repairs.

They said local authorities should be given the funding to tackle potholes in their area, allowing greater

GEMMA GARDNER

gemma.gardner@hertsessexnews.co.uk

flexibility, accountability and the ability to prioritise repairs as they see fit.

Both political parties agreed there was public dissatisfaction at the state of the county's road network.

Figures released by ECC in April revealed that in the previous quarter the number of outstanding defects on priority one roads had fallen from 1,796 to 1,280, and on priority two roads from 3,746 to 3,296. But it blamed the wet weather for the number of potholes on local roads rising from 10,397 to 11,674.

Reported defects on Harlow's 125 miles of road rose from 610 to 632.

Despite the concerns of opposition councillors the council said the contract was awarded after a "robust and transparent" procurement process.

The authority said it brought together nine separate contracts and the majority of the county council's highways staff into one single organisation.

Conservative councillor Rodney Bass, cabinet member for highways and transportation, said: "We rigorously monitor the contract, with monthly reports on roads and footways defects, quarterly Ringway Jacobs performance reviews and an annual contract review."

He explained that nearly 80 per cent of sub-contractors hired by Ringway Jacobs for Essex Highways work are businesses based or located in Essex.

Cllr Bass said: "We are successfully tackling defects on roads and footways throughout Essex, although there is still much work to be done."

"Adverse weather over the last few winters has taken its toll on roads in Essex as it has across the country, but defects on the county's main routes

maintained by Essex Highways are down."

"We have also invested in repairs to the footway network."

"We have obtained 50 per cent more money to spend on both capital and revenue schemes for new-road building and maintenance for the current year. This will make a substantial difference."

Ringway Jacobs formed a 10-year partnership with ECC in April 2012 - called Essex Highways - to tackle potholes, other road defects and general transport schemes across the county.

Estimated to be worth around £1bn, the contract terms, scrutiny and length have all been called into question by opposition councillors over the past year.

Last September a new system of prioritising highways repairs according to the grade of road was established. It's success will be measured when 12 months of data is available.

Maddison's short cut to helping out cancer trust



CHOP: Maddison with her ponytail after her headshave

(photo: Elin Singleton)

A HARLOW schoolgirl has sacrificed her long locks to raise funds for the Youth Cancer Trust.

Maddison Kalisi-Graham, 12, of Stackfield, had her head shaved in front of her friends and family at Burnt Mill Academy.

She was given the number two cut by Megan Ives of hairdressing salon Legends.

Maddison's mother Wendy said: "I am really proud of her. She has put everything into fundraising and

organised a bake sale to raise more money."

"It wasn't just the hair cut and she has said she would like to do something every year."

Maddison, who dedicated the hair shave to the memory of her grandmother and father who both died of cancer, has so far raised around £1,600 for the charity which provides support and activity holidays for children and young adults with the disease.

"Right up until she

cut her hair, she was always determined to do it," said Wendy.

Maddison donated her 18-inch long plaits to the Little Princess Trust which provides wigs to children who have lost their own hair while undergoing treatment for cancer.

"She has done really well," said Wendy.

"She is happy with her new look - it's for a good cause and that's all she really cares about."

To sponsor Maddison, visit www.justgiving.com/

Mini heatwave sparks sun warning

PARAMEDICS are advising people to take care when going out in the sun after dealing with eight heat-related calls at the weekend.

While many people enjoyed the soapy temperatures, for some it proved too much as the region's ambulance service dealt with a variety of 999 calls as a result of the sunny weather.

A spokesman for the East of England Ambulance Service said: "When the weather changes we can also see a change in 999

calls and that was certainly the case at the weekend."

"Even though it's only May the sun can be really strong so we'd advise people to take precautions when out and about during the nicer weather. Ensure you drink plenty of water, wear sunscreen, and stay in the shade if you feel you are getting warm."

"It's particularly important that vulnerable people such as the elderly and the very young are protected properly from the heat."

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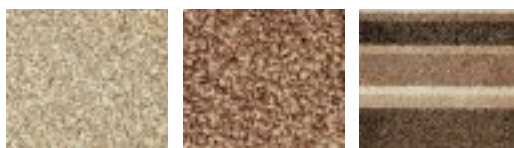
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Rangers Fact File

NAME
Adem (member 1178)

DATE OF BIRTH
May 15, 2008

ADDRESS
Wellesley, Harlow

SCHOOL
Milwards Primary

LIKES
Riding his new scooter and playing football

FAVOURITE FOOD
McDonalds

LEAST FAVOURITE FOOD
Jacket potatoes, peas and beans

FAVOURITE BOOK
Aliens Love Underpants

FAVOURITE TV
Spongebob Square Pants

FAVOURITE SONG
Roar by Katy Perry

PETS
A cat called Tegan

WANTS TO BE
A police officer



RANGERS CLUB

Secret Message Jrog vf a pog'f soiaehvgu payaeh? Cehhhhhhhcyu



Cat returns after being missing for three years



A CAT has been reunited with his owners three years after going missing in the Japanese tsunami disaster three years ago. Suika, a black short-haired feline, lived with Kazuko Yamagishi and her husband Takeo until the tsunami struck on March 11, 2011, according to a report in a Japanese newspaper.

While the Yamagishi home escaped devastation - unlike the rest of the town - their cat was nowhere to be seen.

The couple searched for Suika for three months before giving up hope. But last month another couple spotted a black cat curled up in a nearby pine forest.

He was friendly and was wearing a collar so they took it to the Ofunato Health Centre.

Several days passed and nobody claimed the cat so the centre put an announcement in a local paper. It was when an employee was taking a photo of the cat that he noticed the Yamagishi name and number in faded letters on the collar.

The story had a happy ending when Suika was returned to her delighted owners, pictured above.

TODAY

Eve (member 640), of Mowberry Gardens, Loughton, is 12 and leaves Rangers

FRIDAY

Charlotte (member 1002), of Tilbury Mead, Harlow, is 12 and leaves Rangers

Daisy (member 857), of Ridgeways, Harlow, is 11

SATURDAY

Luke (member 687), of Hookfield, Harlow, is 12 and leaves Rangers

SUNDAY

Kiera (member 682), of Stile Croft, Harlow, is 12 and leaves Rangers

MONDAY

Niamh (member 927), of Bentley Drive, Harlow, is 9

TUESDAY

Ethan (member 1015), of Elwood, Harlow, is 11

Rebecca (member 1181), of Crofters, Sawbridgeworth, is 10

Max (member 1016), of Brockles Mead, Harlow, is 9

Genesis (member 20146), of Blackbush Spring, Harlow, is 3

WEDNESDAY

Alfie (member 863), of Ram Gorse, Harlow, is 8

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Raffle winner Vera gives away keys to prize car

THE winner of the first prize in St Clare Hospice's spring raffle has been presented with the keys to her new car.

Vera Morley's ticket was picked from more than 32,000 by comedian Ed Byrne when the raffle draw took place last month.

It was the first time 87-year-old Mrs Morley, from Old Harlow, had won anything in a raffle but she is not keeping the prize. Instead she has given it to Ken Jelf, a member of her extended family.

She was presented with the keys by St Clare lottery manager Caron Lakey and Mark Bennett, sales manager for Ford dealership Gates of Harlow which donated the car.

The second prize of £1,500 was won by Vera Eley, while palliative care nurse Penny Hampson won the third prize of £1,000 worth of holiday vouchers.

This year's raffle raised a record-breaking £32,251 for the Hastingwood-based hospice.



TOP GEAR: Left to right, Mr Bennett, Ms Lakey, Mrs Morley and (sitting in car) Mr Jelf (photo: Peter Cozzi, Frank & Gates Ltd)

Lola blamed for suspension of post deliveries

MICHAEL JARVIS

star@hertsessexnews.co.uk

A GROUP of householders in Sawbridgeworth have gone without mail deliveries for weeks because their postman is being terrorised by a terrier.

Lola, a five-year-old Jack Russell Patterdale, has escaped from her owner on three occasions and allegedly bitten the worker twice.

Royal Mail revealed that the incidents were just the tip of the iceberg in the CM postcode area, with 33 attacks having taken place in the last year.

Suspending deliveries is the company's last resort, but on this occasion it has deemed that action necessary.

Lola's owner, 44-year-old Maria Busciglio, said she was feeling awkward and embarrassed about the situation, which has affected 11 out of 19 houses in Cherry Gardens.

After Lola first escaped around this time last year, mother-of-three Maria said: "The dog warden came round and gave me a little bit of training on how to stop her getting out because she used to be really bad. She's been much better since."

She explained how Lola's two subsequent escapes had been mishaps.

"The second incident, the side gate in the garden is broken so Lola pushed it and got through a gap," said Maria, who has blocked the gap with bins.

Regarding the most recent incident, last month, Maria said: "My youngest, Callum, who's three, opened the door. I was in the



kitchen and the dog ran out. The kids said 'Mum, Lola's gone out' so I've gone out there, I got her in and shut the door.

"I then went down the road after the postman and asked him if he wanted to give me the mail and he just totally ignored me."

Maria said she had been so dismayed by the postman's attitude that she is considering starting a petition against him delivering to Cherry Gardens in future.

A spokesman for Royal Mail said: "We are investigating this matter. The postman has been attacked on three occasions and the health and safety of our staff is of the utmost importance."

"We are still seeking assurances from the dog owner that the dog in question will be kept secured while we make deliveries. We apologise to all affected customers and would like to assure them that we are working with the owner to resolve the situation as quickly as possible."

Residents have reported just one or two deliveries since Easter. In the meantime they have to collect their mail from the town's sorting office in Station Road.

A dog awareness week will be held by Royal Mail at the end of next month when it will publish dog attack figures and call on owners to be responsible.

Last year in their CM postcode there were six attacks in Harlow, one in Bishop's Stortford and eight in Braintree.

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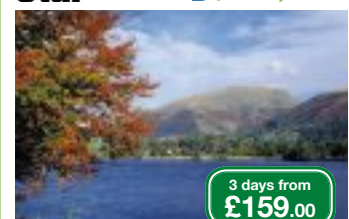
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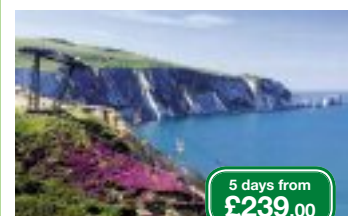
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Guide

West End leading lady embarks on solo tour

A WEST End leading lady is heading to Harlow as part of her first solo tour.

Wicked and *We Will Rock You* star Kerry Ellis will perform at Harlow Playhouse on Wednesday, October 15.

Kerry's dream of performing her first solo concert at the London Palladium materialised in May 2013.

The concert was such a success that it sparked a desire for Kerry to reach out to all her fans by taking it up and down the country.

Celebrating her theatre career and singing songs from all the roles she has created and played made for a thrilling evening.

Kerry is excited to be touring the country with her eight piece band and special guests to be announced.

The 35-year-old quickly established herself as a rising star with lead roles in London and on Broadway, and she has achieved chart-topping success as a recording artist.

As well as touring Kerry is back in the studio to record her second album.

Her debut album *Anthem's* was released in 2010 on Decca Records.

The success of the album, which reached number 15 in the UK album chart, and 10 in the UK pop club charts (for *Defying Gravity*), led to a major tour *Anthem's* with Brian May of Queen.

Not one to keep idle she also starred in the Arena tour of Jeff Wayne's *War of the Worlds*

GEMMA GARDNER

gemma.gardner@hertsessexnews.co.uk

alongside Jason Donovan and Ricky Wilson of the Kaiser Chiefs at the end of 2012.

Kerry originated the role of Meat, in Queen's *We Will Rock You* and was the first British Elphaba in the West End smash, *Wicked*, for which Kerry won the 2008 Whatsonstage.com Award for 'Best Takeover in a Role'.

She then immediately transferred to Broadway and played Elphaba at the Gershwin Theatre for six months, where she won the Broadway.com Audience Award for Favourite Female Breakthrough Performance, before returning to London for another six month stint in 2009.

Her many other leading role credits include Nancy in *Oliver!* at the Theatre Royal Drury Lane, Eliza Doolittle in *My Fair Lady*, Ellen in *Miss Saigon* and Fantine in *Les Misérables*.

Kerry said: "The Palladium show was such a thrill for me it feels only right to be touring the UK with my first solo show."

"I have such loyal fans that it will be amazing to share and perform all the tracks from my new album. After all as the new album is being made in association with Pledge my fans are essentially helping me make it."

>>> Tickets for the show on October 15 cost £19.50 and are available now from the Playhouse box office.



Harlow first, Glastonbury second: George Ezra performs at The Square

SINGER songwriter George Ezra performed an exclusive pre-tour warm up at The Square.

George, who described the show as the "worst kept secret ever" treated the audience to a set that included *Budapest*, *Cassy O*, and *Did You Hear the Rain?* as well as others from his debut album *Wanted on Voyage*, which is due for release on June 30.

The performer is no stranger to The Square stage having performed at the Fourth Avenue venue in the past with former band Anything in Mind.

Tipped as the "sound of 2014" Ezra's music has been played by BBC Radio 6 Music and Radio 1 and he will be performing at both Glastonbury and V-Festival this year.

And not only did Ezra live up to this hype but he had the crowd hooked on every note - his performance of *Did You Hear the Rain?* was mesmerising.

Performing alongside a band was "something new" for Ezra and they looked set to be a continuing presence in his shows - well if the audience reaction is anything to go by.

Anyone who was not a fan of the 20-year-old going in certainly was walking out.

The Square was the perfect venue, and George, who performed on *Later with Jools Holland* the previous night, was on top form.

A mention must be given to the fantastic support from Loser Token and The Only Braves. Whisky Mist by the latter made me an instant fan.

Speaking before the show, a spokesman at The Square said: "This was a rare, and maybe the last, chance to catch him in a small club for quite a while."

Bianca Castro



Makin' Steps 30th anniversary show



FINAL preparations are under way for the Makin' Steps 30th anniversary show next week.

With beautifully choreographed numbers that include everything from street dance to classical ballet and from tap, modern and right through to musical theatre this show is sure to have something to appeal to the whole family.

This coupled with amazing costumes, lighting, special effects and all performed on a unique purpose built stage with a set that is sure to blow your mind you will be crazy to miss out on this very special 30th anniversary production.

As well as dancing - Makin' Steps professional live band under the musical direction of Ross Simpson superbly recreates every song to accompany the schools singers giving the show a very unique approach.

A spokesman for Makin' Steps said: "If you have never seen a Makin' Steps show before then here is your chance to see why Makin' Steps is Harlow's premier performing arts school."

Tickets for the show, which runs from May 29-31 can be purchased by calling (01279) 304937 or visiting www.makin-steps.co.uk.

what's on

HARLOW PLAYHOUSE Playhouse Square, Harlow (01279) 431945

COMEDY Funny man and national treasure Billy Pearce takes to the stage as part of his latest national tour, for a night that will have adult audiences clutching their sides. The one night only show is not to be missed, with award winning comedian Billy firing away his own special sense of humour at the Playhouse audience. Billy will be performing jokes of an adult nature tonight at 7.30pm. Tickets cost £19.50.

VARIETY *Sing-a-long-a-Grease* is a fully interactive screening of the classic and much loved film *Grease*, that will delight audiences of all ages. Sit back and sing along with John Travolta, Olivia Newton-John and the gang. Fancy dress is encouraged and audience participation is an essential part of this experience, bought to the Playhouse by producers Singalonga Productions Ltd in association with Park Circus. Friday's show starts at 7.30pm and tickets cost £15.50 or £13.50 for under 16s.

DRAMA Out tumbles the biggest, strangest duckling you've ever seen. Follow *The Ugly Duckling* through all the sights and sounds of the farmyard as he waddles, swims and flaps his way into the big, wide world. Lost and lonely, will he ever find true friendship? This brand new adaptation of Hans Christian Andersen's classic fairy tale promises to be a playful, colourful, family friendly production, brought to life with memorable music, larger than life animal characters, panto-style interaction and puppetry that children will adore. The production comes to the stage on Saturday with shows at 1pm and 4pm and tickets cost £11.

MUSIC Take a trip back in time and relive those wonderful moments of Genesis musical history. *G2 Definitive Genesis* play tribute to Genesis' long and colourful history, era 1975-78 and play to a level the band themselves would be proud of. Saturday's performance starts at 7.30pm in the main auditorium and prices range from £17-£20.

DRAMA *Wrestleforce* return with their new show. The Cult has wreaked havoc at *Wrestleforce*. With wrestlers making unlikely alliances and nobody trusting anyone, the competition has reached fever pitch! In a move taken to maintain *Wrestleforce*'s reputation as the best wrestling company in Europe, WF chairman Marc Marcus has ordered that every championship belt be defended, meaning only the best have the opportunity to seize championship gold. The event kicks off this Sunday at 4pm with tickets costing £13.50-£17.50.

MUSIC Originally adapted from Victor Hugo's timeless novel, *Les Misérables School Edition* introduces a new generation to the grand and inspirational story that has touched the hearts of millions. An emotional and uplifting epic, *Les Misérables* follows Jean Valjean's life-long struggle for redemption and his relentless pursuit by inspector Javert. Performance is at 7.30pm and prices range from £17-£20.

gig guide

FRIDAY

THE HERALD, Broadley Road, Harlow, - Adrenalin
THE SQUARE, Fourth Avenue, Harlow - Skreamer + Alone With Wolves + Reim (£5 advance/£4 members)

SATURDAY

BURNT MILL SNOOKER & SOCIAL CLUB, Edinburgh Way, Harlow - Kenny Charles

OLD HARLOW WAR MEMORIAL, Garden Terrace Road, Old Harlow - Me & Him

THE ESSEX SKIPPER, The Stow, Harlow - Fast On The Draw

THE SHARK, Hodings Road, Harlow - Fubar

THE SQUARE, Fourth Avenue, Harlow - The Side Effects + Donkey Hot Pink + The Tax (£5 members, £6 non-members)

THE WILLOW, Hodings Road, Harlow - Adrenalin

SUNDAY

THE SQUARE, Fourth Avenue, Harlow - Los Pepes + The Len Price 3 + The Breakdowns (£5 advance)

Poppy love

DURING the First World War, the blasted and bombed battlefields across Europe created ideal conditions for the poppy to flourish.

It was a sight which, in 1915, inspired Canadian Lieutenant Colonel John McCrae to write the well-known war poem *In Flanders Fields*, with poppies growing there 'row on row', and a such, this vivid red flower has become synonymous with the great loss of life and sacrifices made in war.

This year, to mark the centenary of the start of the First World War, poppy displays will rightly abound nationwide.

The Royal Botanic Garden Edinburgh is creating a poppy field to be in full bloom in late July. Gunby Hall and Gardens in Lincolnshire has its own poppy trail, and there's poppy planting at Sheffield Park in East Sussex (www.nationaltrust.org.uk) and beautiful displays at Dyrham Park near Bath.

Poppies will also feature heavily in Birmingham City Council's exhibit in the Great Pavilion at the RHS Chelsea Flower Show this year, while tens of thousands of poppies have also been sown by children, soldiers, civic leaders, community organisations, clergy and faith groups nationwide as a joint act of remembrance.

The field poppy or corn poppy, *Papaver rhoeas*, is the poppy of wartime remembrance. This annual flower can lie dormant for many years before germination which is then often triggered when the soil is disturbed. It's perfect planted in a sunny wildflower garden or a meadow where it will self-

By Hannah Stephenson

seed freely.

Throughout history, a new generation of corn poppies was germinated each year as land was ploughed and grain scattered. It is a plant relevant to many cultures – to the Egyptians it symbolised blood and rebirth, while the Romans hailed it as the sacred crop of Ceres.

Its family, papaveraceae, is relatively small, with less than 800 species, but the types vary greatly in size and colour. Among the largest are the flowers of *P. orientale* Goliath Group, appearing atop shoulder-high stems. The petals share the same tissue-paper look as their smaller cousins, yet poppy types range from the toughest hardy perennials to pretty annuals, from giants with tall spires such as *P. pilosum*, to ground-hugging alpinists. They are all followed by round decorative seedpods.

By far the most showy and most familiar in the garden is *Papaver orientale*, which adds dramatic highlights to early summer with their spectacular blooms. The typical oriental poppy is a hardy perennial which produces scarlet flowers with a black blotch at the bottom of each petal, but you can get other colours including pink, orange, white and plum. Stunning



ON THE WEB
Gardening tips and news



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varieties include 'Mrs Perry', with large salmon-pink blooms and 'Patty's Plum', which is dark and dramatic.

Most named oriental poppies are sterile and can be propagated by root cuttings, while species poppies rely on seed to keep them going. *P. somniferum*, the opium poppy enjoyed for its ornamental value, is

a prolific self-seeder, but it's best to save some of its seeds to sow where you actually want them to be.

All poppies have a dainty appearance but many don't need staking. However, you must remove the dead blooms to prolong the flowering season. Good companions to oriental poppies include the frothy flowers of *Gypsophila paniculata*, penstemon and agapanthus. Most poppies prefer sun and

moist soil but several, including the Welsh poppy, *Meconopsis cambrica*, prefer stretches of woodland in dappled shade, where they colonise ground between bluebells and wood anemones.

So while the field poppy will always remain one of the most powerful and poignant images of remembrance, its wider family in all its glorious colours and forms has earned itself a well-deserved place in the British garden.

ACROSS

7. They do wind Leo up, being extreme and unchangeable (4-2-3-4)
8. Trough causing deep trouble in the ship (5-3)
9. She's a gem (4)
10. Alter the control (6)
12. Don't give in to an awful sister (6)
14. A new storey built for a mollusc (6)
16. Pleasantly back in and around a cathedral city (6)
18. Just a travelling entertainment (4)
20. The completeness of eternity, possibly (8)
22. Stick with the secretaries and clerical workers? (5,2,6)

DOWN

1. Incidentally, it's on the pavement (2,3,3)
2. Commercial trade is disrupted without victory (6)
3. She has to eat up (4)

5		6	4		8			
	2				9		8	
	4	7				2		6
1	8			5				7
	6			4		2		
4				7			6	5
		8				3	4	
	5	3	2					8
					3	1		9

crossword

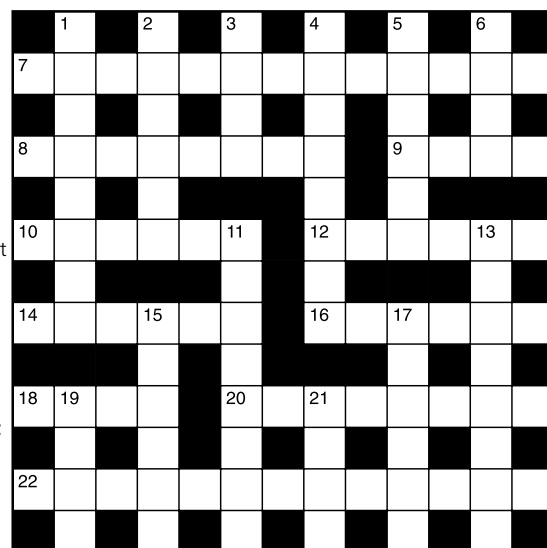
4. A woman from Cape Horn? (8)
5. Weapons used in crossword-solving? (6)
6. It's a blunder, either way you look at it (4)
11. Container for jade, perhaps (8)
13. Closet is tidied up for the 21st of December (8)
15. A split at Tottenham Hotspur concerning money-management (6)
17. A bottle for the artist in the snack-bar (6)
19. Singer featured in some of Walton's works (4)
21. Implement the return of the swag (4)

Last week's answers: Across: 1 Shop; 8 Love letter; 9 Virginia; 10 Arab; 12 Poodle; 14 Stifle; 15 Steven; 17 Mugabe; 18 Brat; 19 Ironside; 21 Refinement; 22 To-do. Down: 2 Helicopter; 3 Plug; 4 Avenue; 5 Pleats; 6 Straying; 7 Grub; 11 Able-bodied; 13 Dove-tail; 16 Nailed; 17 Moored; 18 Bird; 20 Sett.

sudoku

Last week's answer:

6	7	8	2	1	4	5	9	3
5	9	3	7	8	6	1	2	4
1	4	2	9	3	5	6	7	8
9	1	6	4	2	3	8	5	7
3	8	7	1	5	9	2	4	6
4	2	5	6	7	8	3	1	9
7	5	9	8	6	2	4	3	1
8	3	4	5	9	1	7	6	2
2	6	1	3	4	7	9	8	5



sudoku

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters

niner

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

The clues

1871
61291
34725

gives a continent
gives an island
gives a South American republic

Last week's answer:
HAMSTRING

Britain's favourite postie delivered to the big screen

THE residents of the fictional village of Greendale must be sitting on the secret to eternal youth. How else could trusty postman Pat Clifton have been doing the rounds with his black and white cat Jess since September 1991 without appearing to have aged a day?

Sadly, *Postman Pat: The Movie* is a shadow of the beloved stop-motion TV series, exploring the poisonous effects of celebrity on the mild-mannered postie when he becomes involved in a televised singing contest.

Postman Pat (voiced by Stephen Mangan) is at the heart of village life in the cosy community of Greendale where he lives in Forge Cottage with his wife Sara (Susan Duerden) and football-mad son Julian (Sandra Teles).

Sara has always dreamt of going to Italy so when Pat discovers a trip for two is the top prize in the TV reality show *You're The One* hosted by Simon Cowbell (Robin Atkin Downes), he prepares to belt out a ballad.

Against the odds, Pat's audition charms the usually stony-faced Cowbell and within days Pat has become a nationwide celebrity. But then he gets caught up in the media hoopla which takes him far away from his loved ones and his job at the Special Delivery Service.

In Pat's absence, SDS efficiency expert Edwin Carbunkle (Peter Woodward) plots to replace all of the human staff with robot doppelgangers.

Meanwhile, the grand final of *You're*

The One beckons and Pat prepares to compete against teenage singer Josh (Rupert Grint) and his pushy father (David Tennant).

Animation throughout is competent and the handful of gags pitched at snoozing adults, like the screen display of a robotic Jess which reads *Faster Pussybot Kill Kill* barely warrant a weary smile.

But screenwriters Kim Fuller, Annika Bluhm and Nicole Dubuc do not appear to have taken a refreshing swig from Greendale's rejuvenating water supply before they have delivered a lifeless script for Pat's computer-animated big screen debut.

HARLOW CINEWORLD Friday-Thursday 11.00/
13.15/15.30



also new this week

BLENDED certificate 12A, 1h57m

Lauren Reynolds (Drew Barrymore) is a single mother with two young sons - Brendan (Braxton Beckham) and Tyler (Kyle Red Silverstein) - who isn't sure that she will ever find love again.

Single father Jim Friedman (Adam Sandler) is in a similar position, always putting the happiness of his three daughters Hilary (Bella Thorne), Espn (Emma Fuhrmann) and Lou (Alyvia Alyn Lind) ahead of his own.

Following a disastrous blind date, Lauren and Jim vow never to see each other again and give up on romance. Instead, both parents take their respective broods to a luxurious African safari resort for a week of animal magic.

As fate would have it, Lauren and Jim end up in the same resort and are forced to share a suite.



Battle lines are drawn between the Reynolds and Friedman clans but animosity between the parents mellows into unexpected attraction.

HARLOW CINEWORLD Friday-Thursday
15.15/18.00/20.45

X-MEN: DAYS OF FUTURE PAST certificate 12A, 2h03m

Director Bryan Singer, who helmed *X-Men* in 2000 and its successor, returns to the Marvel Comics fold to direct this big budget sequel.

Professor Charles Xavier (Patrick Stewart) has witnessed mankind's intolerance and prejudice towards mutants including Wolverine (Hugh Jackman), Storm (Halle Berry) and his old friend turned nemesis Magneto (Ian McKellen).

When the fate of the human race hangs in the balance and all hope seems lost, Xavier takes the bold decision to alter the past in order to fashion a brighter future for everyone, regardless of their mutant status.

Thus Wolverine ventures back in time to enlist the help of the young Professor X (James McAvoy) and Magneto (Michael Fassbender), who preside over an uneasy alli-



ance of mutants including alluring shape-shifter Mystique (Jennifer Lawrence), hirsute brawler Beast (Nicholas Hoult), Quicksilver (Evan Peters), Havok (Lucas Till) and Toad (Evan Jonigkeit).

HARLOW CINEWORLD Today 11.00/
12.00/14.00/15.00/17.00/18.00/20.00/21.00 Friday-Tuesday 12.00/14.00/
15.00/17.00/18.00/20.00/21.00
Wednesday 10.30/13.40/14.35/16.50/
17.45/20.00/21.00 Thursday 10.30/
11.45/14.00/17.00/20.00

still on screen



GODZILLA
(certificate 12A 2h03)
Harlow Cineworld: Today 12.00/14.50/17.40/
20.30 Friday-Wednesday 11.30/14.30/17.30/
20.45 Thursday 12.10/14.30/17.30/20.45

BAD NEIGHBOURS
(certificate 15 1h37)
Harlow Cineworld: Today 13.00/15.30/20.45
Friday-Monday 18.45/21.15 Tuesday 20.15
Wednesday & Thursday 21.15

THE AMAZING SPIDER-MAN 2
(certificate 12A 2h22m)
Harlow Cineworld: Friday-Monday 15.30
Wednesday 18.00 Thursday 17.45

THE OTHER WOMAN
(certificate 12A 1h49m)
Harlow Cineworld: Friday-Monday 20.15
Tuesday 16.00

THE TWO FACES OF JANUARY
(certificate 12A 1h36m)
Harlow Cineworld: Today 12.45/15.15/17.45/
20.15

preview

MALEFICENT (certificate PG, 1h37m)

Ever wondered what drove Maleficent to curse the baby Aurora in the classic Disney animation *Sleeping Beauty*? Now you can find out in this dazzling live-action fantasy which reimagines the fairytale from the perspective of its memorable Mistress of All Evil, played by Angelina Jolie.

Harlow Cineworld: Wednesday & Thursday
10.15/12.45/15.15/17.45/20.10

take 2 thursday

THE RAILWAY MAN
(certificate 15, 1h56m)
Harlow Cineworld: Today 12.30/15.20/18.00

THE GRAND BUDAPEST HOTEL
(certificate 15, 1h40m)
Harlow Cineworld: Next Thursday (May 29)
14.50/17.20/19.50

specials

NT LIVE ENCORE: THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME

Following its smash-hit live broadcast in 2012, the National Theatre production of *The Curious Incident of the Dog in the Night-Time* returns to cinemas.

Harlow Cineworld: Today 19.00 & Tuesday
19.30

films for kids

TARZAN
Harlow Cineworld: Friday-Wednesday
12.45 Thursday 21.15

RIO 2
Harlow Cineworld: Friday-Tuesday 10.30/
13.00/17.45 Wednesday 11.50

TINKER BELL & THE PIRATE FAIRY
Harlow Cineworld: Friday-Tuesday 10.15

MR PEABODY & SHERMAN
Harlow Cineworld: Saturday 10.20

THE LEGO MOVIE
Harlow Cineworld: Friday-Tuesday
10.25/10.35 Wednesday 09.45/10.25
Thursday 09.55/10.00

Your stars with Patrick Arundell
to guide you through the week ahead

Aries 21 March - 20 April
Bright ideas and lively interactions can characterize the first half of the week, with a Gemini New Moon the perfect opportunity to sign contracts, begin a study course or reconnect with an old friend. From Thursday, a more relaxed approach encourages homely pursuits, family get-togethers and any penchant you have for the small, but welcome luxuries in life. Call for more advice...

Taurus 21 April - 21 May
A Moon Pluto link early on suggests the need to make a small yet meaningful decision, which could make a real difference. Midweek, finances get an adrenaline shot from the New Moon, encouraging a fresh perspective on your money situation and outlook. As Venus eases into your sign on Thursday, your sex appeal and popularity can begin to skyrocket. Call for more news...

Gemini 22 May - 21 June
A dream may hold extra importance early in the week, so if one stands out give it some extra thought - as it may have a message to impart. From midweek, the New Moon in your sign can be helpful for kick-starting a special plan or goal. As Mercury heads into Cancer on Thursday, ideas for saving and spending money might encourage a rethink around your budget. Call for more...

Cancer 22 June - 23 July
Social sparkles bring fun and laughter to the early part of the week, enhancing positive interaction. Yet, taking a little time out to reflect on life can be very helpful for making any key decisions. From Thursday, networking and getting your message across can bring positive rewards, especially if you're keen to up your profile. Call me now for more news and astral advice...

Leo 24 July - 23 August
A plan may be worth acting on, as a Moon Pluto connection spotlights focus and determination. However, a midweek New Moon in Gemini is set to enhance your social prospects, offering a chance to meet new people, join clubs and expand your circle of interests. A positive aspect on Saturday can be excellent for entertaining and partying. Call me for your in-depth forecast...

Virgo 24 August - 23 September
A review of your goals and a chance to prioritize might help you achieve more in less time. However, try not to block your own progress with too many doubts. Later, a Gemini New Moon is excellent for signing deals or organizing a reunion. Later in the week, a willingness to expand your contacts generally can bring many positive rewards. Call now for more news and astral advice...

Libra 24 September - 23 October
Decisions concerning finances may be on your mind, yet the sparkling energies of the New Moon in Gemini midweek can turn your mind to adventures and expansive ideas. Consider a study course, or think about travel plans. As Venus glides into Taurus, an important goal could need the help of people with knowledge and resources in order to succeed. Call for your financial scope...

Scorpio 24 October - 22 November
Keep a clear head early on, especially if you're hoping to negotiate a deal or find a compromise. Things may not be as they seem, so look to read the small print. Venus also moves into Taurus this week, and romantic possibilities can add sparkle to a key relationship. Finally, the weekend brings a chance for a lively and eye-opening social adventure. Call now for your love scope in full...

Sagittarius 23 November - 21 December
Thoughts about your lifestyle and healthier options may lead you to make one or two positive choices. In addition, Wednesday's New Moon in Gemini adds a chance to make a fresh start in an important relationship. Finances can be a major topic of conversation too, as Mercury enters Cancer. Perhaps a plan that eases tensions could help. Call for your financial forecast in full...

Capricorn 22 December - 20 January
Romantic opportunities may be aided by a Moon Neptune link on Monday, encouraging compassionate understanding and sensitive conversation. Yet, it's all systems go midweek as a New Moon in Gemini encourages a fresh start concerning a job or health situation. As Mercury glides into Cancer, you can find yourself having an important and heartfelt discussion. Call for more...

Aquarius 21 January - 19 February
Reorganizing home affairs can enhance your clarity of mind and act as an aid to thinking. Plus, opportunities to develop a lucrative source of income. From Thursday, lovely home-cooking and friendly entertaining can help you to feel cosseted and secure. Call your prediction line for more news and astral advice...

Pisces 20 February - 20 March
Try to marshal your thoughts for a productive and efficient week. You'll achieve more if you can weed out any time-wasting activities. By taking charge of household projects from Wednesday, you have a chance to de-clutter and catch up on any tasks which may have slipped behind. Developing romantic options and the chance of a delightful meeting can make the weekend special. Call for more...

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PROPERTY NEWS



Large detached home with separate one-bed bungalow

coverproperty

Location Sheering Road, Old Harlow**Category** Four-bedroom detached
Additional Garage with studio above, separate one-bedroom bungalow, swimming pool**Guide price** £1,195,000**Agent** Reyland Johnson, Stort House, River Way, Harlow. Telephone (01279) 216216

THIS impressive home in Old Harlow offers plenty of flexible accommodation that would suit most families.

The detached house has a gated entrance and a garage with a studio above as well as a one-bedroom bungalow within the grounds.

In the main house there is a stunning kitchen/diner with separate utility area and a laundry room. Also on the ground floor are two reception rooms, a cloakroom and a playroom.

On the first floor there are four bedrooms. The large master suite has a shower room and a dressing area while the other three bedrooms are all double size. There are a

further two bathrooms.

The rear garden is mainly laid to lawn with a patio area and a swimming pool. The front gardens include further lawned areas as well as a garage, carport and a large shingled driveway.

Sheering Road is within easy reach of local shops and schools. London Liverpool Street and Stansted Airport are under 30 minutes from Harlow Town station which is a short drive away.

For further details or to arrange a viewing, contact Reyland Johnson estate agents on (01279) 216216



featurehomes



Tracey Waples Property Editor

THE trick with any home improvement is to make it suit the property.

Whether it's a revamp of an existing bathroom or the addition of a whole new wing, keep a close eye on what you're adding to the property for any future sale.

Do your research to find out which alterations will add value — or at least saleability — and just how far should you go.

Although it can be tempting to go for high end, designer taps or the very latest and priciest recessed light fittings, if you're installing them in a modest two-bedroom apartment you're not likely to recoup your costs when you come to sell.

If it's your 'forever home' it's a very different matter, but if you're planning a revamp there are substantially cheaper imitations on the market that do a very good job.

The 'make the improvement suit the property' theory works both ways. If you are doing up a luxury house at the top end of the market then don't cut corners. Buyers forking out higher sums will not expect skimping and in fact will expect a high spec finish.

Overdeveloping is another potential pitfall. Even if you are likely to get planning permission, carrying out a major basement conversion in a small house with one reception room and two bedrooms could make it bottom-heavy. A house needs to feel balanced and the rooms in proportion.

Don't assume big is best; just aim to design a home that people will want to live in. This means good sized bedrooms, comfortable living areas and a good flow throughout the house.

You can often achieve a great deal without actually extending. Simply reconfiguring existing rooms can dramatically change a house.

On the market for £234,995



THIS end-of-terrace home at Spruce Hill next to Harlow Common has a charming rear garden.

There are four good size bedrooms as well as a dual aspect living room, a superb fitted kitchen and a ground floor cloakroom.

The rear garden includes a main

garden, a patio, a low maintenance landscaped area, a further patio to the rear and a raised vegetable area

There are two car parking spaces which are rented from Harlow Council.

Call Apple Tree Homes on (01279) 635975 for full details or to arrange a viewing.



£288 per week / £1,250 pcm



THIS part furnished, semi-detached home is in the attractive Sakins Croft area of Harlow close to Southern Way and two miles from the train station.

In immaculate condition, it has recently come on to the rental market and is well worth a look.

It has had a complete refurbishment and there are three bedrooms and a ground floor cloakroom.

Outside there is plenty of driveway parking.

Call Future Let on (01279) 451317 for full details or to make an appointment to view.



Available to rent for £950pcm



LOCATED at Brummel Place in Old Harlow, this ex-show apartment has been furnished by interior designers in a modern and contemporary style.

It has two bedrooms (one double and one single) and a stylish kitchen as well as a sleek modern, bathroom and an en-suite shower room.

There is a secure entry system and allocated parking.

Belvoir Lettings in Harlow have full details on (01279) 426888.

Newhall home for £379,995



LOCATED at Canopy Lane in the popular Newhall area of Harlow, this spacious detached property is laid out over three floors.

There is bright and airy living accommodation on the ground floor and four bedrooms - two with en-suites - on the first and second floors.

The main bedroom has a balcony overlooking the rear garden and the front of the property faces on to woodland.

There are two driveways, one on either side of the house.

Howick and Brooker can arrange a viewing on (01279) 418888.



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£139,950 HARLOW (Pytt Fields). Enormous split level 2 double bedroom apartment with a potential rental value of £700-£750 pcm. Large living room with balcony, good size kitchen/breakfast room, family bathroom. Vacant possession and no onward chain. Sole agents.



£152,950 SAWBRIDGEWORTH (Priors Court). Luxury ground floor 1 bedroom apartment with an extended long lease, ideal for investment with potential rental value of £650-£675 pcm. 2 mins walk to train station. Luxury kitchen, luxury bathroom, double bedroom, off road parking. Must be viewed. Sole agents.



£209,995 HATFIELD HEATH (The Heath). Huge 2 bedroom apartment positioned in a central village location, walking distance of all amenities. Refurbished to an extremely high standard throughout with a large living room, 2 double bedrooms, large roof terrace with superb views over the village. Sole agents.



GUIDE PRICE £210,000 (Lawrence Moorings). Extremely well presented 3 bedroom first floor apartment with just a 5 mins walk to train station. Living/dining room with balcony, luxury kitchen, 3 bedrooms, luxury bathroom, allocated parking. Vacant possession can be offered. Sole agents.



£284,950 CHURCH LANGLEY (Wedgewood Drive). 3 bedroom semi-detached home with single garage, driveway and parking. Sitting room, dining room, luxury fitted kitchen, downstairs cloakroom, conservatory, main family bathroom plus en-suite shower room, landscaped garden. Offered with no onward chain. Sole agents.



£499,950 HATFIELD BROAD OAK (The High Street). Beautifully appointed 4 bedroom detached home with a sunny south facing garden and excellent parking. Wonderful kitchen/breakfast room, good size sitting room, conservatory, en-suite to master bedroom, luxury main bathroom, and garage. Situated in the heart of this ever popular village. Available for viewing from 31st May. Sole agents.



£379,950 OLD HARLOW (Watlington Road). 3 bedroom semi-detached family home with scope for further development (stp). Huge 150ft rear garden, good size kitchen, living room, separate dining room, utility, downstairs study, downstairs w.c., 3 good size bedrooms, luxury bathroom, driveway and parking for 3-4 vehicles. Sole agents.



O.I.E.O. £650,000 GT DUNMOW. 5 bedroom family home situated in an enviable position overlooking The Downs. Approx 30ft open plan lounge/dining room, bespoke kitchen, snug/t.v. room, study, impressive first floor galleried landing, main family bathroom plus 2 en-suite shower rooms, double length garage, landscaped rear garden. Viewing highly recommended.



£399,950 SAWBRIDGEWORTH (Rushfields). Rarely available 3 double bedroom extended detached home with just a 2 mins walk from village centre and ideally positioned for local schools. Sitting room, dining room, large kitchen/breakfast room, scope for further extension (stp). Sole agents.



£469,950 GILSTON. Beautifully presented character cottage in a country lane location offered with vacant possession and no onward chain. Living room, separate dining room, kitchen/breakfast room, downstairs w.c., 3 double bedrooms, en-suite to master bedroom, family bathroom, landscaped rear garden, outbuildings.



£479,950 SAWBRIDGEWORTH (Hampton Gardens). Detached 4 bedroom executive home with a magnificent kitchen/dining room, 3 reception rooms, downstairs cloakroom, main family bathroom plus luxury en-suite, beautifully landscaped garden, parking for 4 cars, single garage. 10 mins walk to Harlow Mill station. Offered with no onward chain.



£599,950 GREAT SALING. Beautiful 4 double bedroom, 4 reception room detached family home with a 1 bedroom self-contained annexe, large garden backing onto fields, planning permission for extension, useful garage/store, plenty of parking and character features. Vacant possession can be offered. Sole agents.



£650,000 HATFIELD HEATH. Detached family house situated within walking distance of the village centre. Good size kitchen/breakfast room, utility, large living room, study, separate dining room, playroom, 5 bedrooms, 2 bath/shower rooms, 100ft rear garden, driveway and parking for 4-5 cars, detached double garage. Joint sole agents.



£575,000 SAWBRIDGEWORTH (Great Hyde Hall). Beautiful Georgian style 3 bedroom semi-detached home in the superb grounds of Great Hyde Hall. Gated entrance, meandering drive and only a short walk to mainline station. Excellent entertaining space with a large kitchen/breakfast room, utility, living room, dining room, study/office, downstairs w.c., en-suite to master bedroom, walled communal gardens, double garage, private courtyard garden.



£695,000 WHITE RODING. 4 bedroom detached family home in just under 1 acre with outstanding views over countryside to rear. Useful range of outbuildings including detached double garage and log cabin/summer house. Large living room, separate dining room, downstairs w.c., enormous kitchen/family room, utility, 2 luxury bath/shower rooms. Sole agents.



£865,000 ABBESS RODING. Imposing 4 bedroom country home in mature grounds of just under 1 1/2 acres. Large drawing room, separate sitting room, magnificent kitchen, dining room, utility/boot room, 3 en-suite bedrooms, swimming pool, tennis court, triple garage/workshop, gated entrance, beautiful views and no onward chain. Phone now. Sole agents.



£995,000 MAGDALEN LAVER. Fantastic 5 bedroom barn conversion with over 3,300 sq ft of accommodation in a prestigious location with stunning views. Magnificent great room, contemporary kitchen, large dining area, family area, sitting room, balcony, 3 en-suite bedrooms, large garden, double garage, excellent parking. No onward chain. Phone now for brochure. Sole agents.



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Upper Hook

£500,000

- Four Bedrooms
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- Modern Bathroom
- Double Garage
- Cul De Sac Location
- Spacious En-suite
- Secluded Garden
- EPC Band D



Milestone Road

£190,000

- First Floor Apartment
- Two Double Bedrooms
- Allocated Parking
- Awaiting EPC Band



Priory Avenue

£550,000

- Detached Bungalow
- Driveway Parking
- Short Walk To Trainline
- EPC Band D



The Stow

£125,000

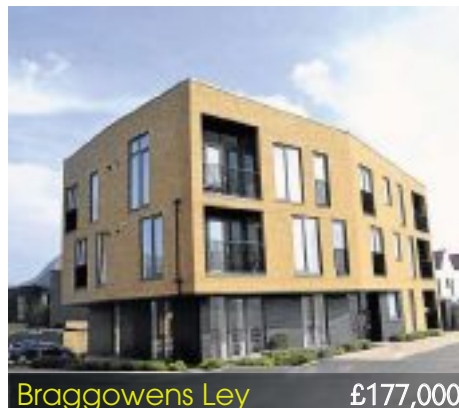
- Split Level Maisonette
- Two Double Bedrooms
- Potential Rent £750pcm
- EPC Band D



Canons Brook

£165,000

- Two Bedrooms
- Single Storey Extension
- End Of Terrace
- EPC Band F



Braggowens Ley

£177,000

- One Bedroom Flat
- Well presented
- Allocated Parking
- EPC Band B



Ladyshot

£140,000

- Two Bedrooms
- Top Floor
- Two Balconies
- Awaiting EPC Band

Harlow
Tel: 01279 639666



Penshurst

£390,000 OIEO

- Three Double Bedrooms
- Short Walk To Amenities
- Short Walk To Trainline
- Sought After Location
- Modern Fitted Kitchen
- Utility Room
- Driveway Parking
- Downstairs WC
- EPC Band D

Are you waiting for a mortgage?



We can get you an appointment today and get you moving.

Intercounty is a trading name of ICIEA Limited and is an introducer appointed representative of First Complete Ltd for purpose of the provision of advice in relation to mortgage and non investment insurance products. Mortgage and Protection advice is provided by LSLi Ltd t/a Embrace Mortgage Services, an appointed representative of First Complete Ltd. First Complete Ltd is authorised and regulated by the Financial Conduct Authority.

LSLi Ltd t/a Embrace Mortgage Services charge a fee of between £399 and £499 on application. The amount we will charge is dependent on the amount of research and administration that is required.

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE.



Simplicity Lane

£260,000

- Two Double Bedrooms
- Internal Balcony
- Conservatory
- EPC Band C



Hastingwood

£750,000

- Detached Family Home
- Generous Sized Plot
- Five Bedrooms
- Awaiting EPC Band



Lavender Close

£230,000 OIEO

- Three Bedrooms
- Cul De Sac Location
- Semi Detached
- EPC Band D



Millhurst Mews

£425,000

- Semi Detached
- Grade II Listed
- Three Bedrooms
- Conservation Area



North Grove

£220,000 OIEO

- End Of Terrace House
- Conservatory
- Three Double Bedrooms
- EPC Band D



The Hoo

£285,000

- Semi Detached House
- Garage And Driveway
- Three Bedrooms
- EPC Band C

people | moving | property

Intercounty

Sawbridgeworth
Tel: 01279 600333



Open House | Saturday 31st May 2-4

- Guide Price £400,000
- Four Bedrooms
- Detached House
- Garage
- Private Garden
- New Kitchen
- Lounge
- Driveway
- EPC Band C



Open House | Saturday 31st May 11-1

- Guide Price £480,000
- Four Bedrooms
- Detached House
- Very Large Lounge
- En-suite
- Conservatory
- South Facing Garden
- Utility Room
- EPC Band D



Sawbridgeworth £725,000

- Popular Location
- Five Bedrooms
- Detached House
- EPC Band D



Hatfield Heath £650,000

- Five Bedrooms
- Detached House
- Vacant
- EPC Band D



Open House | Saturday 24th May 11-1

- Guide Price £600,000
- Modern Detached
- Four Bedrooms
- EPC Band B



Sawbridgeworth £137,500

- One Bedroom
- First Floor
- Apartment
- Awaiting EPC



Gilston £300,000

- Detached Cottage
- 2/3 Bedrooms
- Large Garden
- EPC Band F



Sawbridgeworth £485,000

- Four Bedrooms
- Detached Bungalow
- Popular Location
- EPC Band D

Harlow

Tel: 01279 639666

Sawbridgeworth

Tel: 01279 600333

Intercounty



Harlow

£1,250 pcm*

- Three Bedrooms
- Semi Detached
- Recently Refurbished
- Driveway Parking
- Laffon Bush Area
- Private Garden
- EPC Rating: C
- Tax Banding: D
- Available 2nd June



Sawbridgeworth

£1,400 pcm*

- Unfurnished
- Four Bedroom
- Detached
- Ensuite Shower
- Garage
- Corner Plot
- Newly Decorated
- EPC Band D
- Available July



Sawbridgeworth

£1,100 pcm*

- Unfurnished
- Character Cottage
- EPC Band C
- Available Now



Church Langley

£1,150 pcm*

- Three Bedroom House
- Garage And Driveway
- EPC Rating: D
- Available 26th June



Sawbridgeworth

£1,200 pcm*

- Furnished
- Character Cottage
- EPC Band E
- Available Now



Roydon

£900 pcm*

- Two Bedroom House
- Village Location
- EPC Rating: E
- Available Now



Harlow

£850 pcm*

- Two Bedrooms
- Two Bathrooms
- EPC Band TBC
- Available Now



Sawbridgeworth

£525 pcm*

- Ground Floor
- Studio Apartment
- EPC Band D
- Available Now

people | moving | property

★IMPORTANT NOTE: When you apply for a tenancy there will be an administration fee to pay - ask our branch staff or visit our website <http://www.intercounty.co.uk/tenant-fees> for further details of this fee and other fees which may become payable during the lifetime of your tenancy.

GET YOUR OWN INSTANT PROPERTY VALUATION



Our new revolutionary online service values your home in minutes!

1. Log on to our website
2. Enter your property details
3. Get an immediate valuation



WHATEVER WILL WE THINK OF NEXT?!! WHY INSTRUCT ANYONE ELSE?!!



UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY

01279-410084

NEW INSTRUCTION **CHAIN FREE**



Victoria Gate

- Two Bedroom Apartment
- Top Floor
- Phone Entry System
- Gas Central Heating
- Fully Fitted Kitchen
- Awaiting EPC Rating

£159,995



Braggowsen Ley, Newhall

- Two Bedroom Top Floor Apartment
- Integrated Fitted Kitchen
- High Ceilings
- Phone Entry System
- Allocated Parking
- Awaiting EPC Rating

£209,995

SOLD **FULL ASKING PRICE**



Chamberlain Close

- Two Bedroom House
- Mid Terrace
- Fully Double Glazed
- Gas Central Heating
- Parking For Two Cars
- Awaiting EPC Rating

£229,995



Hadley Grange

- Three Bedroom End Terrace
- Ground Floor Cloakroom
- Lounge/Diner To Rear
- Rear Garden Approximate 30ft
- Garage En Bloc
- EPC Rating D

£249,995

CHURCH LANGLEY
KINGS GROUP

BASED ON A SURVEY COLLECTED ON 2-7 JANUARY 2014

ONE SIMPLE MESSAGE
MORE FOR SALE & SOLD SIGNS
THAN ANY OTHER AGENT

TOTAL SIGN AUDIT
22.4%

AGENT 2 17.1%

AGENT 3 17.1%

AGENT 4 13.2%

AGENT 5 11.8%

AGENT 6 3.9%

OTHERS 14.5%



*KINGS GROUP WAS THE ESTATE AGENT WITH THE HIGHEST NUMBER OF FOR SALE & SOLD SIGNS DISPLAYED BETWEEN THE DATES SHOWN.



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For Sale Sign Analysis confirms that this advert is a fair and accurate representation of the information found between the dates shown. The quantity of For Sale and Sold signs does not necessarily equate to the number of completions.

0845 308 2004 • www.forsalesignanalysis.co.uk

for sale

SIGN ANALYSIS

SUPPLIERS OF INDEPENDENT MARKET SHARE REPORTS THROUGHOUT ENGLAND AND WALES

NEW INSTRUCTION



Pitchway, Newhall

- Three Bedroom Split Level Maisonette
- Top Floor
- En-Suite To Master Bedroom
- Roof Terrace
- Car Port
- EPC Rating C

£275,000

CHAIN FREE



Reginald Mews

- Four Bedroom Detached House
- Fully Double Glazed
- Kitchen & Utility Room
- En-Suite To Master Bedroom
- Garage and Driveway For Two Cars
- EPC Rating C

£329,500

CHAIN FREE



Sheering Road, Harlow

- Three Bedroom Semi-Detached
- Downstairs WC
- Extended Kitchen
- 1/3 Of An Acre Of Land
- Garage & Driveway
- Awaiting EPC Rating

£369,995

CHAIN FREE



Malkin Drive

- Five Bedroom Linked Terrace
- Fully Double Glazed
- Ground Floor Cloakroom
- En-Suite To Bedroom 1 & 2
- Garage
- Awaiting EPC Rating

£374,995



Church Road, Potter Street

- Four Bedroom Detached
- Downstairs WC
- Three Reception Rooms
- En-Suite To Master Bedroom
- Double Garage & Driveway
- Awaiting EPC Rating

£439,995



Springhall Road, Sawbridgeworth

- Four Bedroom Detached
- Downstairs WC
- Two Reception Rooms
- Four Double Bedrooms
- Double Garage
- EPC Rating D

£454,995



FINDINGS IN YOUR HAND - The Kings Group now has a mobile website - allowing you to instantly view all available properties, anytime, anywhere on your mobile phone with internet access - www.kings-group.net

TUNE INTO OUR INTERACTIVE PROPERTY TV STATION VIA OUR WEBSITE FOR A SERIES OF PROGRAMMES COVERING ALL ASPECTS OF MOVING HOME

Many more properties available... Call us now or visit our website www.kings-group.net

The Property Information, Facts and Sales Reports - Experienced staff with local knowledge - Property listed on major internet portals



GET YOUR OWN INSTANT PROPERTY VALUATION



Our new revolutionary online service values your home in minutes!

1. Log on to our website
2. Enter your property details
3. Get an immediate valuation



WHATEVER WILL WE THINK OF NEXT?!! WHY INSTRUCT ANYONE ELSE?!!

19 EASTGATE, HARLOW
01279-433033



NEW PRICE **CHAIN FREE**

Moor Tower, Waterhouse Moor

- One Bedroom Flat
- Fifth Floor
- Fitted Kitchen
- Fully Double Glazed
- Entry Phone Access
- Awaiting EPC Rating

£74,950

NEW PRICE **CHAIN FREE**

Parsonage Leys

- One Bedroom Flat
- Top Floor
- Fully Double Glazed
- Electric Heating
- Fitted Kitchen
- Awaiting EPC Rating

£105,000

CHAIN FREE

Tanys Dell

- One Bedroom Flat
- Ground Floor
- Electric Heating
- Integrated Fitted Kitchen
- Balcony To Rear Of Lounge
- Awaiting EPC Rating

£120,000

NEW INSTRUCTION

Ladyshot

- Two Bedroom Flat
- Top Floor
- Fully Double Glazed
- Gas Central Heating
- Re-Fitted Kitchen & Bathroom
- Awaiting EPC Rating

£140,000

NEW INSTRUCTION

Peterswood

- Two Bedroom Mid Terrace
- Fully Double Glazed
- Conservatory
- Re-Fitted Kitchen
- Driveway
- EPC Rating D

£179,995

NEW INSTRUCTION

Peterswood

- Two Bedroom Mid Terrace
- Integrated Re-Fitted Kitchen
- Re-Fitted Bathroom
- Study Room
- Driveway
- EPC Rating D

£180,000

NEW INSTRUCTION

Vicage Wood

- Three Bedroom Mid Terrace
- Fully Double Glazed
- Re-Fitted Kitchen
- Re-Fitted Bathroom
- 19ft Lounge
- Awaiting EPC Rating

£220,000

NEW INSTRUCTION **SOLD**

Little Cattins

- Three Bedroom Mid Terrace
- Fully Double Glazed
- Downstairs WC
- Re-Fitted Kitchen & Bathroom
- Garage & One Allocated Parking Space
- EPC Rating D

£235,000

CHAIN FREE

Arkwrights

- Three Bedroom House
- End Of Terrace
- Gas Central Heating
- Through Lounge
- Potential Land To Side
- EPC Rating D

£244,995

The Readings

- Three Bedroom Detached
- Downstairs Jacuzzi Bathroom
- Conservatory
- Upstairs Shower Room
- Garage & Driveway
- EPC Rating C

£279,995

HARLOW KINGS GROUP

BASED ON A SURVEY COLLECTED ON 2-7 JANUARY 2014

SOLD SIGN AUDIT 33.9%

AGENT	PERCENTAGE
AGENT 2	24.1%
AGENT 3	11.6%
AGENT 4	9.8%
AGENT 5	7.1%
OTHERS	13.5%

**ONE SIMPLE MESSAGE
MORE SOLD SIGNS
THAN ANY OTHER AGENT**

*KINGS GROUP WAS THE ESTATE AGENT WITH THE HIGHEST NUMBER OF SOLD SIGNS DISPLAYED BETWEEN THE DATES SHOWN.



independenceassured

for sale

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Many more properties available... Call us now or visit our website www.kings-group.net

The Property Information, Help and Advice website - Experienced staff with local knowledge - Property listed on major internet portals



CENTURION

SALES: 01279 417234

LETTINGS: 01279 400444

MORTGAGES: 01279 400445

**CANES LANE****£449,995**

- THREE BED SEMI-DETACHED
- THREE DOUBLE BEDROOMS
- THREE RECEPTION ROOMS
- LUXURY KITCHEN
- UPVC D/GLAZED WINDOWS
- GAS CENTRAL HEATING
- DOUBLE GARAGE
- INTERNAL PHOTOS ONLINE

SOLD STC**CHAMBERLAIN CLOSE****£219,995**

- TWO BED TERRACED
- PARKING SPACE
- LUXURY KITCHEN
- WHITE WALLS THROUGHOUT
- DOUBLE GLAZED WINDOWS
- GAS CENTRAL HEATING
- CLOSE TO TESCO
- INTERNAL PHOTOS ONLINE

**MALKIN DRIVE****£340,000**

- FIVE BED TOWN HOUSE
- CHURCH LANGLEY OUTSKIRTS
- CLOAKROOM
- LARGE KITCHEN/DINING ROOM
- UPVC D/GLAZED WINDOWS
- GAS CENTRAL HEATING
- INTEGRAL GARAGE
- INTERNAL PHOTOS ONLINE

NEW PRICE**DADSWOOD****£112,950**

- ONE BED FLAT
- FIRST FLOOR
- PERMIT PARKING
- NEXT TO TOWN CENTRE
- UPVC D/GLAZED WINDOWS
- ELECTRIC HEATING
- CHAIN FREE
- INTERNAL PHOTOS ONLINE

**SILVESTERS****£270,000**

- EXTENDED THREE BED SEMI
- DRIVEWAY & GARAGE
- TWO RECEPTION ROOMS
- OPEN PLAN KITCHEN
- UPVC D/GLAZED WINDOWS
- GAS CENTRAL HEATING
- CLOAKROOM
- INTERNAL PHOTOS ONLINE

**NETTESWELL TOWER****£102,950**

- ONE BED FLAT
- FIRST FLOOR
- CLOSE TO TOWN CENTRE
- IDEAL INVESTMENT
- UPVC D/GLAZED WINDOWS
- ECONOMY 7 HEATING
- CLOSE TO TOWN CENTRE
- INTERNAL PHOTOS ONLINE



CENTURION PROPERTY | EQUITY HOUSE
4-6 MARKET STREET | OLD HARLOW | ESSEX | CM170AH

www.centurionproperty.co.uk



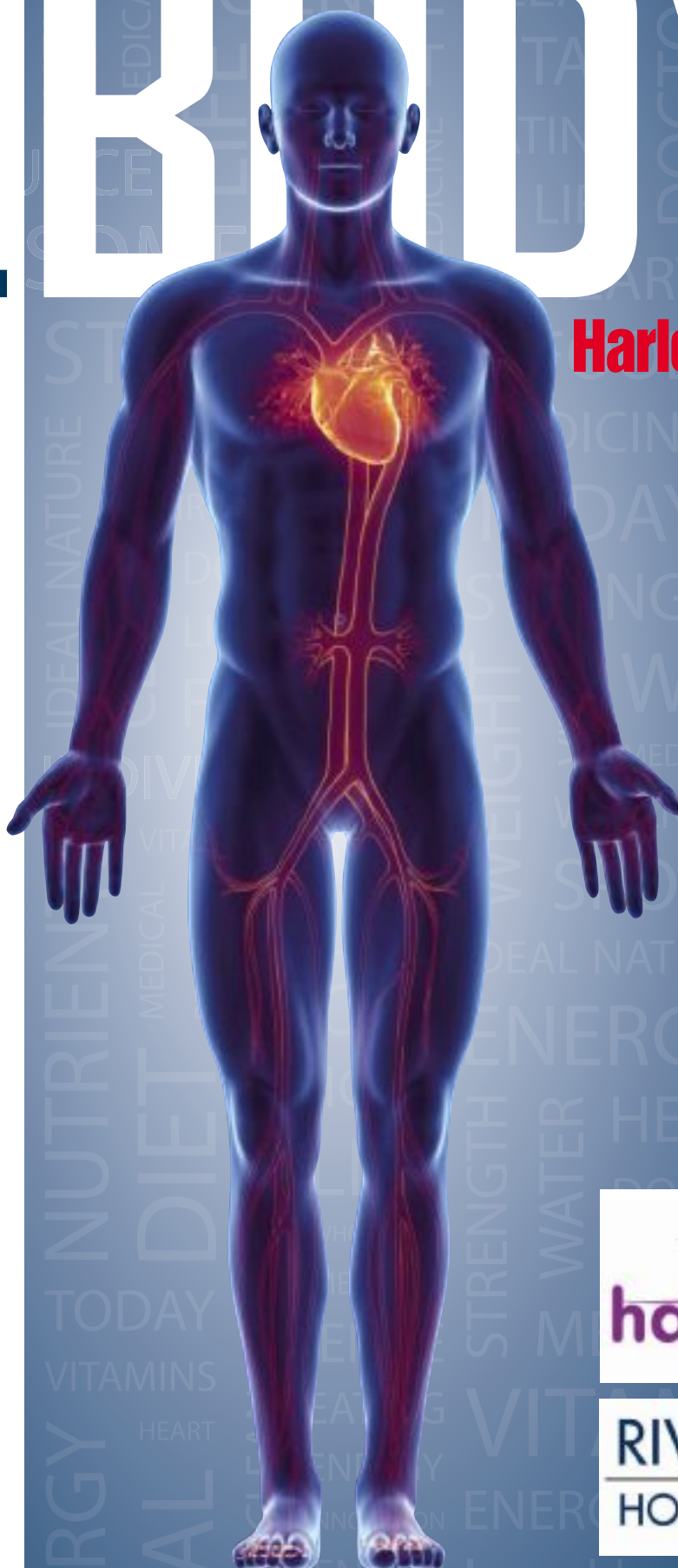
THE BODY

PHYSIO THERAPY

HEALTH ADVICE

EXERCISE
OPTIONS
WITH ADVICE
FROM
MEDICAL
SPECIALISTS

LIFESTYLE
CHOICES



HarlowStar

Sponsored by

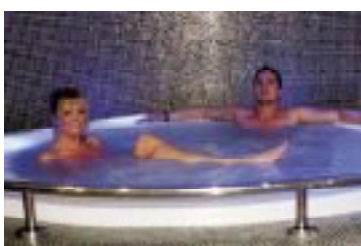


RIVERS
HOSPITAL

A 12-PAGE GUIDE TO HELP INSPIRE YOU TO MAKE A CHANGE AND IMPROVE YOUR LIFESTYLE



5 FREE DAYS OF FITNESS



Harlow Leisurezone is so much more than just a gym.

Why not use your 5 Free Days of Fitness to find out why?

- ❖ Cool off in our 25m, 8 lane pool
- ❖ Experience over 60 fitness classes
- ❖ Relax in our Health Spa
- ❖ Take part in one of our many sporting activities including badminton & squash

Plus if you sign up to our membership we will double the offer to give you

10 Days of Fitness FREE

Take advantage of this fantastic offer call Frankie or Shah
01279 621501



Harlow Leisurezone • Second Avenue • Harlow • Essex • CM20 3DT
Tel: 01279 621500 | Email: info@harlowleisurezone.co.uk

www.harlowleisurezone.co.uk

Terms and Conditions: This offer entitles the recipient to apply to activate a free 5 consecutive days trial at Harlow Leisurezone. Activation of the trial is dependant on a welcome appointment with Frankie, Shah or one of the membership team. All participants must complete a waiver form before undertaking activities at the centre. The trial is to be used by non members only who are over 18 years of age. Offer end 31st May 2014.



Look what's coming to Harlow Leisurezone



On Thursday 22nd May 2014, Harlow Leisurezone will become the first Leisure facility in our area to launch the mywellness platform to it's members.

mywellness is an online platform that allows you to access your exercise and lifestyle data anywhere, anytime. In the Gym, at home, on the go.

As part of our ongoing commitment to reinvesting and developing Harlow Leisurezone, we are offering our members the latest innovation from Technogym, our long standing Fitness partners.

To find out more about what makes you move contact: 01279 621408 or visit mywellness.com



Think about what motivates you to move



"I search for relaxation from a tense and stressful life. I exercise to achieve body & mind balance"

"I want to be active and healthy. I exercise to improve my everyday wellbeing"

"Looking good is what makes me feel good. I exercise to burn calories, manage my weight, and tone my body"



"Physical presence is a key ingredient of success. I exercise to look strong and powerful"

"Sport is not only my passion, it's my life. I exercise indoor and outdoor to improve my sport performance"

"Having fun makes me feel alive. I exercise to meet people and to try out something new"

Sign up today at:
www.technogym.com/finder/harlowlz

THE BODY

The benefits

WHEN it comes to knowing about the benefits of exercise, unless you've been cut off from all means of communication and living on Alpha Centauri for the past 20 years, you really can't plead ignorance.

The reason our parents and grandparents were fitter, healthier and slimmer wasn't just down to eating less processed food – how could anyone who's ever tasted them forget spam fritters – it was because they didn't sit around on their... chairs for hour after sedentary hour.

We know that we need to move more but what and how much is appropriate at different stages throughout our lives?

Babies, as any mother knows, will be flinging their little limbs around even while they are still in the womb. Once they have arrived, motivate them to be physically active by encouraging them to reach out, grasp your finger and to move their head, body and limbs around.

Once they are crawling coax them into being as active as possible in a safe, supervised environment.

Unless they are asleep, young children shouldn't be inactive for any length of time. Sitting them down in front of the TV for hour after hour may give you some respite from inquisitive little mischief-makers but it's not going to do their health or development any good.

Play is not only the most effective it's also the most fun way for kids engage in energetic activity. Swimming, climbing, skipping, dancing, riding a bike, playing hide-and-seek aren't activities that will break the bank but they will be major investments for their future health and happiness.

It's hard enough being a teenager without someone constantly telling you to get up, tidy your bedroom and go outside into the fresh air. Fresh air? Boring! But at least 60 minutes of physical activity every day is recommended of which cycling, playing football, running, swimming, skateboarding, walking the



dog, dancing or gymnastics are all box-ticking pursuits. Muscle-strengthening and bone strengthening exercise is just as important at this stage of a young person's development so head off to the high rope adventure and assault courses. They can be challenging as well as fun.

Ideally, adults aged between 19-64 should be aiming for at least two and a half hours of moderate activity such as cycling or fast walking every week. One way to achieve that is to do 30 minutes on five days a week. It will raise your heart rate and make you breathe faster and feel warmer. If you can still talk, but you can't sing the words to a song, then you're putting in the required level of energy – either that, or you've forgotten the lyrics. Try and slot some muscle-strengthening activities such as lifting weights, doing sit-ups, gardening or yoga a couple of times a week into your regular programme and, much as you might like to, don't ignore the positive impact that an hour or so of aerobic activity, such as a game of singles tennis or football or a good run will have. In general, 75 minutes of vigorous-intensity activity can give similar health benefits to 150 minutes of moderate-intensity activity.



THE BODY

of exercise

Sixty-five is the new . . . well, it seems to change from month to month. What you can be sure of is, if you're generally fit and have no underlying mobility problems, it's no longer an excuse to say you're taking it easy in retirement.

Aim for that 150 minutes of moderate-intensity activity such as cycling or fast walking every week and on two or more days aim to exercise all the major muscles. Or set aside 75 minutes a week to play tennis or go running or schedule an equivalent mix of moderate and vigorous intensity aerobic activity: for example two 30 minute runs plus 30 minutes of fast walking. Whichever plan you choose to follow, don't forget the muscle-strengthening activities on two or more days a week too. Daily activities such as shopping, gardening and housework all count towards your fitness plan – and they keep your house and garden clean and tidy too!

OK, so you're a busy professional person. You don't have time to work out, go out or help out.

Leave it out.

Your body needs to work as efficiently and effectively as your business. You wouldn't let that run to rack and ruin would you? But how, I hear you protest, can you possibly find the time to get and stay fit?

Well, you could try getting your workout done first thing in the morning before anything important has a chance to come up. It will give you energy and it will produce 'feel good' hormones called endorphins that will carry you through your busy day.

In the same way that you arrange important meetings with colleagues and employees, schedule an appointment with yourself for a burst of activity – and don't cancel it!

If there's no way you can squeeze in an hour-long work-out, aim for several short 10 minute bouts of exercise. Push-ups, squats and exercises that target multiple muscle groups are great but even just standing up when you are answering the phone or doing a few lunges will help.

Invest in your body in the same way that you encourage investment and healthy growth in your business.



SPECIAL 3 MONTH TRIAL MEMBERSHIP £250

Open to all men & women golfers of any level aged 21 or over

For just £250 or less than £3 per day, you will receive the following benefits:

- Unlimited play during the three months of Full membership and the right to play in all competitions (subject to handicap)
- A free lesson with our PGA Professional
- Access to all the club's facilities, including dining and discounted bar drinks.
- Access to club functions for you, your family and your friends.
- The opportunity to play one of the best courses in the County. Canons Brook is a challenging 18 hole championship course with practise facilities, putting green and a fully equipped Pro Shop
- The opportunity of becoming a full member with no joining fee and pro-rated membership fees for the rest of the membership year.

What are you waiting for?

If you have ever wanted to experience being a member of a golf club, now is the time. We are a very friendly club, so what ever your level come and experience what Canons Brook has to offer.

For further information, please contact Sandra Langton or Joanne Slater on 01279 42182 during office hours (Monday to Friday – 8.30am to 4.30pm).

CANONS BROOK GOLF CLUB – ELIZABETH WAY, HARLOW, ESSEX, CM19 5BE
<http://www.canonsbrook.com> - email: manager@canonsbrook.com



THE BODY

Mike Varney Physiother

Now established for 35 years, Mike Varney Physiotherapy offers a wealth of expertise and experience in treating musculoskeletal injuries. A range of specialized treatments are used to aid recovery and healing for a variety of injuries. Such conditions include: back pain, road traffic accidents, sports injuries and other muscle and joint problems. Our aim is to provide professional advice and competitively priced treatment, to achieve the best possible results. We pride ourselves on providing excellent care, using evidence based techniques to ensure the delivery of the most effective treatment.

Electrotherapy



Different forms of electrotherapy are used within the clinic, which include ultrasound and interferential therapy.

Therapeutic ultrasound is a treatment that has been successfully used by physiotherapists for 50 years to treat soft tissue injuries. Ultrasonic waves cause a high speed vibration of the cells, during contact between the machine and the skin using a water based gel. The patient generally will feel nothing during treatment.

This treatment is used to increase blood flow, reduce muscle pain and spasm, stimulate

the production of collagen and reduce scar tissue. Interferential Therapy (IFT) is traditionally involves passing a low frequency electrical current through the injured / painful area. The treatment is not unpleasant, but instead a mild tingling sensation is experienced. The treatment encourages cellular changes depending upon the frequencies selected. Many conditions can be treated where inflammation and pain is present e.g. sports injuries, arthritic conditions, bruising and swelling. It can also be used to speed healing following surgery, fractures and manipulation.

Acupuncture



Acupuncture has become an integral part of complementary therapy and Physiotherapy in the UK. It is used to treat a wide variety of conditions, including: stress, anxiety, insomnia, headache, migraines, general aches & pains and back / neck pain. Very fine needles are inserted in or close to the affected area, which can relieve pain and reduce muscle spasm.

Electro acupuncture is also used at Mike Varney Physiotherapy. This involves connecting the needles to a device, which generates elec-

trical pulses using small clips. Electro acupuncture uses two needles at a time so that the impulses can pass from one needle to the other. This produces a similar tingling sensation to the interferential therapy, which is not painful.

Several pairs of needles can be stimulated simultaneously, usually for no more than 30 minutes at a time.

Shockwave



Radial Shockwave Therapy has impressive results for chronic tendon injuries. A shockwave is a mechanical wave that initiates an inflammation-like response in the tissue that is being treated. The body responds by increasing the blood circulation and metabolism in the area, which in turn accelerates the body's own healing process.

The shockwave is delivered into the body via the applicator and radiates out, extending to the entire treatment area. Radial shockwave therapy usually requires between three and six treat-

ments, one week apart for optimal results. Most patients feel the results immediately after treatment and can continue to feel the effects several weeks later. Shockwave therapy is included within Physiotherapy treatment sessions, thus making the treatment the most competitively priced within the region. Conditions best treated:

- Tennis and Golfers elbow
- Frozen shoulder
- Patella tendonitis
- Achilles tendonitis
- Plantar fasciitis

IMS



Intramuscular Stimulation (IMS) is a form of acupuncture that is particularly effective in treating long term conditions. IMS is also becoming increasingly popular for the relief of short term pain, with many top football clubs using the technique. IMS differs from usual forms

of acupuncture, by targeting shortened muscles and trigger points (knots) within the muscles. These are often the cause of referred pain. This form of acupuncture releases the knots and the shortened muscle fibres, to provide pain and joint relief.

THE BODY

apy

10% discount
for under 16's
and over 65's

Tight Muscles? Tension in the Back? Neck? Shoulders?

Whether the tightness is coming from sitting at a desk all day or a sporting activity, a massage will help!

Massage has shown to improve blood flow and reduce swelling, spasms and cramping. Within the physiotherapy environment it has also been proven to relax overused muscles, providing greater joint flexibility and range of movement. This makes a great impact to everyday life as well as sporting performance.

Sports massages are beneficial to maintain and prevent further injury, before an event to increase circulation and warm the muscles, and post-training to flush away waste products.



Kinesiotape



You may have noticed kinesio tape being worn by popular athletes including David Beckham, Tom Daley, Gareth Bale and most recently Novak Djokovic at the Australian Tennis Open.

Kinesio tape is a water resistant tape made out of a high cotton material and has the thickness, weight and flexibility of the skin. We believe that kinesio taping is beneficial for both athletes and those who don't participate in sport, due to its ability in pain reduction and supporting

weak joints.

During inflammation the space between the skin and muscle is reduced, causing compression and pain. Kinesiotape has a role in reducing inflammation, being applied to increase the space between the skin and muscle. This improves blood flow and lymphatic drainage, which in turn enhances recovery. In contrast to other taping techniques, Kinesiotape does not restrict the movement of the skin, joints or muscles. Instead, it encourages the body's own healing mechanism.

ACHES OR PAINS?

We are offering Initial Assessments for £30 with this leaflet

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THE BODY

What you need to know about fruit



Dr. Sumantra Ray is Senior Medical Advisor/Clinician Scientist based at the UK Medical Research Council (MRC) Human Nutrition Research Unit (HNR) in Cambridge.

NEW research suggests that tucking into your five-a-day fruit and veg is good... but seven or even 10 is better.

We asked Dr. Sumantra Ray, medical doctor and clinician scientist, to separate fact from fiction for us.

Dr Ray is currently leading a study looking at whether consuming the bio-active extracts from a range of fruit and vegetables might improve the health of our blood vessels.

He is also investigating how diet pat-

terns over a person's lifetime can be related to their risk of heart disease and stroke in later life.

He and his team are currently recruiting overweight but otherwise healthy volunteers to take part in the first study

(for further information email: NNTV-Study@mrc-hnr.cam.ac.uk), whilst the second one relies on the British Birth Cohort comprising several thousand men and women all born in 1946 and followed up over the years.

Why should we eat fruit and veg?

Fruit and vegetables truly are nature's gifts! Eating a variety of fresh fruit and vegetables provides us with much needed vitamins, minerals, fibre and other protective nutrients that form an essential component of a balanced diet.



Healthy eating advice seems to change frequently. How many portions of fruit and veg a day are actually enough?

Whilst there isn't a set upper limit to fruit and vegetable consumption a good average target supported by population studies, is to achieve or approximate five portions of fruit and vegetable consumption each day.



Should we pay any attention to sensational media stories about diet. For example, eating a tomato a day is the secret of eternal youth?

Diet is an emotive and popular topic and foods are easy to turn into fads. Generally sensational media stories on diet are unlikely to be reliable and public health messages remain focussed on eating a variety of fruit and vegetables rather than focusing on single super-foods.



Is it a case of the more you eat, the better it is for you? And can you consume too much?

The messaging around '5-A-Day' also encourages people to 'just eat more' fruit and vegetables in their diets. Generally the ability of individuals to sustain many more than five portions of fruit and vegetables in their daily diet can be difficult so there is limited evidence on what might happen if people habitually consumed very high quantities of fruit and vegetables.



Is it too late to change the bad habits of a lifetime once you've had a heart attack, or if you have cardiovascular disease or have followed certain, not so healthy dietary patterns all your life?

It is never too late to start changing habits relating to diet and lifestyle. Of course it is much better to follow a healthy diet and lifestyle from the outset and avoid risk of heart attacks and stroke. This is known as primary prevention. However, secondary prevention approaches based on diet and lifestyle can also make a major difference to recovery and quality of life even after the development of cardiovascular disease.



THE BODY

and vegetables

Are some fruit and veg better for you than others? And is there such a thing as 'Superfoods' and what do they do?

There are currently a number of studies investigating the potential effects of individual fruits and vegetables. However the evidence from such studies still needs to emerge in a convincing manner to tell us whether there are any differences arising from consuming more of certain fruit or vegetables than others. Generally 'superfoods' are a product of marketing and advertising and the rule of thumb is that we simply need to meet our dietary requirements for various nutrients. Taking excessive quantities of particular nutrients thought to be present in so called 'super-foods' may not provide any added benefit.



And finally Dr Ray, do you always eat healthily – and if not, what's your favourite 'naughty but nice' treat?

Whilst I would love to say that I always eat healthily, unfortunately I do succumb to the taste buds at times. For me 'naughty but nice' treats are dishes that combine a variety of unusual flavours and often a medley of spices. There is much interest in the potential health benefits of spices but I must confess that I simply like the taste!



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Rob's Story

At just 25 years old, Rob Gillett tipped the scales at 41st 10lbs, putting his life in danger. With a height of 5ft 3in and a waist measuring 6ft 6in, he was nicknamed 'The Human Doughnut' by the media.

He had already lost some weight before joining LighterLife in April 2012, and since joining the programme Rob has lost over 20 stone. He's been maintaining his weight with LighterLife since September 2013 and has completely turned his life around. 'I look back now, and can't believe I put my whole life at such risk,' he says. Rob turned to LighterLife for help. He says, 'It really clicked for me. For the first time I was on a diet that helped me understand why I ate the way I did. I realised it wasn't food that was the issue.' He added 'I was battling with underlying problems and I was using food to dull the pain.' Rob went from needing a taxi to take him down the road to the bus stop to running a 10k race.

ROB
LOST OVER
20st
IN JUST
20 MONTHS



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THE BODY

Wake-up call

As the old saying goes, prevention is better than cure – and when it comes to long-term health, the experts couldn't agree more. Abi Jackson reports

IT'S probably impossible to live a life that's completely illness free. And, to quote another common phrase, nothing is certain but death and taxes – we humans aren't designed to live forever. If we're lucky though, we'll enjoy a decent innings. But while a long, healthy life is a blessing, it's not entirely down to luck.

Some of the UK's biggest killer diseases – heart disease, stroke, cancer, lung and liver disease – are, to a significant extent, preventable.

A major study published in The Lancet last year reported that the UK was falling behind other Western countries in managing such illnesses, with the five conditions mentioned above responsible for more than 150,000 deaths in under-75s a year in England alone.

A fifth of these (30,000) are estimated to be avoidable.

It's a cost issue too, with lifestyle-related diseases placing an ever-increasing burden on the NHS.

Diabetes costs the NHS £10 billion a year (10% of its entire budget). While Type 1 diabetes is not preventable, Type 2, the form linked with lifestyle factors, is largely avoidable – and it's this form which is costing the most, accounting for around 90% of the 3.2 million people currently diagnosed with diabetes in the UK.

Coronary heart disease, the number one killer causing 74,000 UK deaths a year, comes in at an annual cost of £2 billion, and circulatory and heart diseases collectively (including stroke, heart attacks and cardiomyopathy) kill 161,000 a year, with an estimated overall bill of £19 billion, for what are classed as premature deaths.



The risk factors for many of these conditions are well documented – smoking's a huge health-zapper, and alcohol and a poor diet. Not getting enough regular exercise and being overweight or obese are also linked with an increased chance of serious long-term health problems.

That's not to say that only people who don't look after themselves get sick. Even elite athletes

can suffer a heart attack, and many forms of cancer can seemingly strike at random, belying years of healthy living.

Scientists are making huge strides in genetic research, and a number of genetic risk factors have been identified for many major diseases, but it could be a long time before these are unlocked entirely.

Meanwhile, what is certain – in the minds of key experts at least – is that lifestyle does play a role, enough of a role that it's worth all of us taking steps to invest in our future health by looking after ourselves today.

"Sadly, for a lot of people, it's the heart attack or the stroke that finally pushes them to stop smoking, whereas they'd have done a lot better to have stopped much earlier," says the British Heart Foundation's Dr Mike Knapton.

Professor Jeremy Pearson, the charity's associate medical director for research, stresses the importance of raising awareness that arteries begin to narrow – the process that culminates in heart disease – years earlier.

"You don't get a heart attack hopefully until you're in your fifties through to your seventies, but this is a process that actually starts when you are very young," he says.

"We need to be shouting more about how this is a disease that begins from the word go, and there are things you can do about it. People can adjust their lifestyles early on to reduce their eventual

chances of a heart attack, rather than waiting until they're told they actually have a problem.

"This is very difficult for people to understand. If you don't lead a healthy lifestyle as you grow up, you're pre-destined, if you like, to have a heart attack later in life. We need to make this clearer."

Not smoking and not consuming too much alcohol are two of the main steps in having a healthy lifestyle.

Beyond that, eating well, taking regular exercise and managing stress effectively can all play a part in long-term health.

If you're struggling to cope, speak to your GP or call the Mind infoline: 0300 123 3393 (www.mind.org.uk).

Three experts share their advice for getting started . . .

GET ACTIVE

"Staying active's absolutely vital," says osteopath and physiotherapist Tim Allardyce (www.surreyphysio.co.uk). "Everything in the body's designed to move: joints, muscles, the blood that circulates, even our bowels!"

"When you feel sluggish, listen to your body – get up, get your heart pumping! Next time you're feeling tired, go for a short, brisk walk rather than having a nap. You'll feel better for it."

The benefits of exercise are practically boundless.

"It's great for our cardiovascular system (the bit that helps us breathe and gets oxygen to our organs and muscles). It also helps our bowels stay healthy, keeps muscles strong and joints more flexible."

"Getting active is simple: exercise a little each day. Your weekly activity may not be going to the gym five times; instead go for three 20-minute walks, swim once a week, cycle every Sunday morning for an hour. After a few weeks you'll start to feel great in both your mind and body."

If you've been inactive for a while, start slowly, and speak with your doctor if you have existing health problems.



EAT A BALANCED DIET



"People are aware that a healthy diet can affect health, but I don't think people generally understand just how essential it is," says British Dietetic Association spokesperson Sioned Quirke, who has her own healthy eating website (www.quirkynutrition.co.uk). "Many people don't like the idea of having to take medication, but don't realise that your diet and lifestyle is the most powerful drug of all – and you control it!"

With so many conflicting headlines about what's good and bad for us, eating healthily can be confusing, but reliable experts believe a sensible balance is key.

"It's very beneficial to have a variety of foods, including foods from each of the five food groups. Portion control's very important, as we tend to overindulge."

"Remember that no foods are 'banned', you just need to be

'treat-wise' and not go overboard. The five-a-day fruit and vegetables recommendation's also very important."

There's increasing evidence linking childhood diet to health consequences later in life. "It's never too early to start getting into good habits," adds Quirke. "Children learn from their parents – so if you have a healthy diet, so will they."

"Get children involved in food choices, knowing where foods come from and cooking early. Also, persevere! It can take up to 15 exposures for a child to accept a food, so if they weren't keen for the first few attempts, keep trying."

Sugar-laden fizzy drinks should be occasional treats, and people often fall short of the recommended two-litres of fluid a day. Sipping water regularly will boost health and keep you hydrated.

BE STRESS AWARE

Stress is a normal fact of life. Our bodies react to challenging situations by triggering a 'fight or flight' response, releasing chemicals, including adrenaline, to kick us into action. It's only when chronic stress builds up that it becomes a health concern.

In research terms, stress is a relatively new area and while there isn't as much clear evidence of its role in long-term health as factors like smoking, it's importance is increasingly acknowledged.

It can also lead to a number of things which, in turn, don't do our health any favours – impacting sleep, for instance.

Managing stress, like eating well and being active, requires proactive effort. "We often just continue on our daily treadmill, ignoring the little signs that our body provides us with, like sleep difficulties, rapid heart rate,

changes in eating habits and bowel movement," says wellbeing expert Annie Aulds (www.wisteriaholistichealth.co.uk).

"It's only when our body makes the signs more obvious, like clinical depression or a heart attack, that it forces us to stop."

"It's so important to listen to your body, understand its needs and act early while the symptoms are still self-manageable."

Relaxation shouldn't feel like a guilty indulgence; it's a health necessity! Don't let shortage of time or money be an excuse – even taking half an hour a couple of times a day to go for a peaceful walk, or listen to music, will count. Take control and have a break from that smartphone/laptop, organise your priorities and identify any specific triggers, like money worries or problems at work, which may be a factor.



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Using an E-bike is an easy and low impact activity which can significantly improve individual fitness and which has the potential to have a major impact on public health.

It can help to reduce the risk of a range of health problems. With obesity at epidemic levels among adults and young people, one of the main benefits of owning an electric bike is that you can do it as part of your normal daily activity – by cycling to work, to see friends or to the shops – rather than having to find additional time for exercise. Studies have shown that people who cycle to work experienced a 40% lower rate of all-cause mortality compared to those who did not – even after adjustment for other risk factors, including leisure time physical activity.

Getting on an E-bike bike can yield much the same health benefits as doing a specific training program. Cycling for an additional 30 minutes on most days of the week, combined with reducing calorie intake, can achieve weight loss comparable to that achieved by doing three aerobic classes a week. As well as improving physical health, cycling has a positive effect on emotional health – improving levels of well-being, self-confidence and tolerance to stress while

reducing tiredness, difficulties with sleep and a range of medical symptoms.

One of the barriers to taking up cycling is a perception of the physical danger posed by motor traffic. However, the real risks are minimal and research suggests that these are outweighed by the health benefits by a factor of around twenty to one. It may be more risky to your health to be sedentary. "The benefits of owning an electric bike are numerous" advises Peter Turnell, Product Marketing Manager of ANSMANN UK. "Electric bikes promote health and wellbeing through exercise, cheap to run and kind to the environment".

ANSMANN electric bikes are ideal for those riders who enjoy cycling, but find certain aspects of riding challenging. This could be due to advancing years, physical disability or a couple who enjoy riding but one of them finds it difficult to keep pace.

ANSMANN E-bikes are designed to assist the rider up to a maximum speed of 15mph, making light work of inclines and helping with longer journeys. ANSMANN will be working with local councils and national 'bike to work' schemes as well as appearing at Cycle shows throughout the UK and Europe.

The ANSMANN E-Bike showroom is located in the Harlow Business Park and is open Monday to Friday providing free test rides and great information about the electric bike industry.

WHY CHOOSE AN ELECTRIC BIKE?



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THE BODY

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- Mid Terraced

- Double Glazing
- Dining Room
- Access To M11

Get The Inside Look



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Be Quick To View



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Worth A Look



Four The Family
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Westbury Rise

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- EPC Rating :- TBC



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- Semi Detached
- Outbuilding / Office
- EPC Rating:- F



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- Off Street Parking
- Village Location
- Summer House
- Energy Rating D



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- Lounge / Diner
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£499,995 OAKLANDS DRIVE, HARLOW

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- Two Receptions
- Detached House
- Double Garaging
- EPC Rating:- D



£425,000 THE OLD CHEQUERS, HARLOW

- 3+Bedrooms
- 2 Reception Rooms
- Conservatory
- Detached Cottage
- Beams & Timbers
- Pretty Gardens



£499,999 JEANS YARDLING, HARLOW

- Four Bedrooms
- Fully Refurbished
- Gated Entrance
- Detached Cottage
- Two Parking Spaces
- EPC Rating: D



£549,995 MULBERRY GARDENS, OLD HARLOW

- Four Bedrooms
- Large Kitchen
- Gated Development
- Detached Property
- On Onward Chain
- EPC Rating:- C



£635,000 MILL LANE, OLD HARLOW

- Four Bedrooms
- Two Receptions
- Two Bathrooms
- Secluded Location
- Immaculate Home
- EPC Rating: E



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Church Langley & Newhall



NEW ON

£224,995 THE GARDINERS, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Southerly Garden
- Terraced House
- 2 x Allocated Parking
- EPC Rating: C



NEW ON

£364,995 ALEXANDRA ROAD, NEWHALL

- Three Bedrooms
- Study/Bedroom Four
- En Suite Bathroom
- Fully Integrated Kitchen
- Two Allocated Spaces
- EPC Rating: C



CHAIN FREE

£149,995 AYNSLEY GARDENS, CHURCH LANGLEY

- One Bedroom
- Chain Free
- Allocated Parking
- First Floor
- Apartment
- Close To Amenities



NEW ON

£159,995 ALEXANDRA ROAD, NEWHALL

- One Bedroom
- Open Plan
- Chain Free
- Apartment
- Undercroft Parking
- EPC Rating - C



CHAIN FREE

£225,000 NEW POND STREET, NEWHALL

- Two Bedrooms
- Integrated Kitchen
- Gas Central Heating
- High Specification
- Live/Work Layout
- EPC Rating: B



CHAIN FREE

£274,995 THE CHASE, NEWHALL

- Three Double Bedrooms
- Open Plan Living
- Balconies & Sun Rooms
- Duplex Apartment
- Lift & Allocated Parking
- EPC Rating :- C



NEW ON

£360,000 BRICKCROFT HOPBIT, NEWHALL

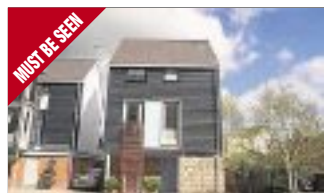
- Four Bedrooms
- Double Garage
- BRAND NEW
- Detached House
- Open Plan Layout
- EPC Rating: B



NEW ON

£375,000 MILESTONE ROAD, NEWHALL

- Three Bedrooms
- Study/Bedroom Four
- Shower & En Suite
- Two Receptions
- Roof Terrace
- EPC Rating C



MUST BE SEEN

£379,995 CANOPY LANE, NEWHALL

- Four Bedroom
- Open Plan Living
- WC & En-Suites
- Detached
- Two Driveways
- EPC Rating - TBC



£392,500 ASHWORTH PLACE, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- En-Suite Shower
- Detached Home
- Utility & W.C
- EPC Rating: D



£399,995 CHELSEA GARDENS, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Conservatory
- Link Detached
- Utility Room
- Garage & Driveway



£400,000 OIEO CHELSEA GARDENS, CHURCH LANGLEY

- Five Bedrooms
- Two Receptions
- Two En-Suites
- Detached
- Study
- Garage & Driveway



£529,950 WHIELDON GRANGE, CHURCH LANGLEY

- Seven Bedrooms
- Three Receptions
- Detached House
- Utility & WC
- Double Garage
- EPC Rating :- C

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 SOLD STC HIGH ROAD, NORTH WEALD <ul style="list-style-type: none"> • Semi-detached house • Conservatory • 3 Bedrooms • Driveway • Lounge <ul style="list-style-type: none"> • Shower room • Kitchen/Diner • Large rear garden • Bathroom • Internal viewings highly recommended <p>£415,000</p>	 SHEERING MILL LANE, SAWBRIDGEWORTH <ul style="list-style-type: none"> • End terrace house • Family bathroom • 3 Double bedrooms • Downstairs w/c • Lounge <ul style="list-style-type: none"> • Garden • Kitchen • Potential to extend • Dining room • Garage <p>£270,000</p>	 NEW THE MAPLES, HARLOW <ul style="list-style-type: none"> • End terrace house • Garage en bloc • 2 Double bedrooms • Garden • Lounge <ul style="list-style-type: none"> • Private location • Kitchen/Diner • Chain free! • Bathroom • Internal viewings essential <p>£210,000</p>
 NEW BUSHEY CROFT, HARLOW <ul style="list-style-type: none"> • End of terrace • Large corner plot garden • 2 Double bedrooms • Popular location • Lounge <ul style="list-style-type: none"> • Ideal first purchase • Fitted kitchen • Conservatory • Bathroom • Viewings recommended <p>£187,500</p>	 SOLD STC RUNDELLS, HARLOW <ul style="list-style-type: none"> • 2 Double bedrooms • Garden • Lounge • Ideal first purchase • Kitchen/Diner <ul style="list-style-type: none"> • Popular location • Bathroom • Close to schools • Garage • No chain <p>£187,500</p>	 SOLD STC ABBEYDALE CLOSE, CHURCH LANGLEY <ul style="list-style-type: none"> • Mid terrace house • Garden • Lounge/Diner • Detached garage & parking • Kitchen <ul style="list-style-type: none"> • Gas heating • Double bedroom • Popular location • Bathroom • Viewings recommended <p>£182,000</p>
 SOLD STC TORKILSDEN WAY, HARLOW <ul style="list-style-type: none"> • Ground floor flat • Ideal first purchase • 2 Double bedrooms • Allocated parking space • Lounge <ul style="list-style-type: none"> • Popular location • Kitchen • 5 minute walk to station • Bathroom • Viewings recommended <p>£169,995</p>	 SOLD STC JOCELYNS, OLD HARLOW <ul style="list-style-type: none"> • 2 bedrooms • Double glazing • Lounge/Diner • 5 minutes walk to station • Bathroom <ul style="list-style-type: none"> • Popular location • Kitchen • Top floor • Internal viewings recommended <p>£163,000</p>	 SOLD STC BROOMFIELD, HARLOW <ul style="list-style-type: none"> • 2 Double bedrooms • Popular location • Kitchen • Gas heating • Lounge <ul style="list-style-type: none"> • Close to mainline transport • Bathroom • Ideal first purchase • Private garden • Chain free <p>£160,000</p>
 NO CHAIN STATION ROAD, OLD HARLOW <ul style="list-style-type: none"> • 2 Double bedrooms • Communal gardens • Fitted kitchen • Close to local shops and transport links • Lounge <ul style="list-style-type: none"> • Gas heating • Fitted bathroom • Popular location • Top floor • Chain free! <p>£155,000</p>	 NO CHAIN PRIMROSE FIELD, HARLOW <ul style="list-style-type: none"> • Ground floor flat • Stamp duty exempt • 1 Bedroom • Gas heating • Lounge <ul style="list-style-type: none"> • Popular location • Kitchen • No chain • Bathroom • Internal viewings recommended <p>£120,000</p>	 TO LET CHURCH LEYS, HARLOW <ul style="list-style-type: none"> • Mid terrace house • No DSS • 3 Bedrooms • Garden • Lounge <ul style="list-style-type: none"> • Popular location • Kitchen • Viewings recommended • Bathroom • Available June! <p>£1,000 PCM</p>

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£0-£199,999.00	£1,699.00 + Vat	£2,038.80
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£300,000.00-£399,999.00	£3,699.00 + Vat	£4,438.80
£400,000.00-£499,999.00	£4,699.00 + Vat	£5,638.80
£500,000.00-£599,999.00	£5,699.00 + Vat	£6,838.80
£600,000.00+	£6,699.00 + VAT	£8,038.80

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STONYWOOD



£329,995

- Detached Bungalow
- Approx 1/3 Acre Plot
- No Onward Chain
- Spacious Accommodation
- Heating via Gas Warm Air
- Unoverlooked from the Rear
- Detached Car Port & Garage
- Requires Some Modernisation

SOLD

STONYWOOD



£399,995

- Detached Bungalow
- Three Bedrooms
- Large Plot Approx 1/3rd Acre
- Beautifully Private Rear Garden

- Open Plan Kitchen/Diner
- Double Glazed Windows
- Gas Radiator Central Heating
- Family Bathroom plus Ensuite

NEW INSTRUCTION



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After Sales

THE CRESCENT



£300,000

- Two Bedrooms
- Semi-Detached Bungalow
- Rarely Available
- Off Street Parking
- Unoverlooked Garden
- Conservatory
- No Onward Chain
- Sought After Location

OLD HOUSE LANE, ROYDON



£325,000

- Three Bedrooms
- Detached Bungalow
- No Onward Chain
- Good Sized Living Room
- Small Courtyard Garden
- Open Views to Front
- Detached Garage & Drive
- Village Location

RECTORY FIELD



£495,000

- Five Bedroom Detached Home
- Substantial Sitting Room
- Dining Room & Snug
- Kitchen/Diner & Utility Room
- Master Bedroom 17'8" x 13'
- Modern Family Bathroom
- Shower Room & Downstairs WC
- Surrounding Gardens



Competitive Fees

WAYSIDE FARM



£595,000

- Five Bedroom Detached Family Home
- Dual Aspect Living Room
- Bright & Spacious Kitchen/Diner
- Family Room

- Downstairs Cloakroom
- Four Double Bedrooms
- Four-piece En-suite to Master Bedroom
- Bedroom Five/Study

HOBBS CROSS



£569,995

- Detached 1600 Built Cottage
- Four Bedrooms
- En-Suite Dressing Room
- Family Bathroom
- Downstairs Cloakroom
- Three Reception Rooms
- Double Length Garage
- 0.3 of an Acre



Accompanied Viewings

MILL STREET



£675,000

- Five Bedroom Family Home
- Detached Property
- Enjoys A Secluded Setting
- Exudes Space Throughout
- Approx 1/3 acre plot
- Easy Reach of M11
- Large Spacious Kitchen
- Extensive Lounge & Dining Room



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BRENTHALL TOWERS

£95,000

- One Bedroom Flat
- Smartly Decorated
- Good Sized Accommodation
- Third Floor
- Modern Fitted Kitchen
- Modern White Bath Suite
- Conveniently Located for Local Schools & Shops

PARSONAGE LEYS

£105,000

- One Bedroom
- Second Floor Flat
- Kitchen 11'9 x 6'2
- Lounge
- Bedroom 14'4 x 9'3
- Double Glazing
- Gas Central Heating
- Storage Shed
- Casual Parking
- No Onward Chain

NEW PRICE
BARN MEAD

£174,995

- Two/Three Bedroom Family Home
- Rear Extension providing Master Bedroom with En-su
- Modern Fitted Kitchen
- Attractive Enclosed Rear Garden
- Family Bathroom
- Good Size Living Room
- OPEN HOUSE SATURDAY 24TH MAY 2:30-3:15

OPEN HOUSE
HOLY ACRE

£109,995

- Park Home
- Well Maintained
- One Owner From New
- Lounge/Dining Area
- Double Bedroom
- Fitted Kitchen
- Rear/Side Garden
- Adjacent to Roydon Marina Village

NEW PRICE
ARKWRIGHTS

£110,000

- One Bedroom Flat
- Top Floor
- No Onward Chain
- Own Balcony
- Well Presented
- Gas Radiator Central Heating
- Close to The Stow
- Views Overlooking Playing Fields

MALKIN DRIVE

£245,000

- Modern Two Bedroom Home
- Spacious Modern Fitted Kitchen/Diner
- Lounge
- Downstairs Cloakroom
- En-Suite Shower Room to Master Bedroom
- Neatly Landscaped Garden
- Detached Garage
- Parking Space in Front of Garage

ORCHARD CROFT

£134,995

- Two Bedroom First Floor Flat
- Two Double Bedrooms
- Modern Fitted Kitchen
- Rear Balcony
- Modern Fitted White Bathroom
- Separate WC
- Lounge with Juliette Balcony

SOLD
SIMILAR REQUIRED
Longbanks

£119,995

- Two Bedroom Ground Floor Flat
- Spacious Accommodation
- Two Double Bedrooms
- Lounge/Diner
- Fitted Kitchen/Bathroom
- Staple Tye Location
- Gas Radiator Central Heating

CANNONS GATE

£155,000

- Two Bedroom Home
- Town Centre Location
- Large Lounge/Diner
- Fitted Kitchen
- Two Double Bedrooms
- Chain Free
- OPEN HOUSE SATURDAY 10TH MAY 11:30PM-12:15PM

SOLD
SIMILAR REQUIRED
HIGH ELMS

£134,000

- One Bedroom Apartment
- First Floor
- Chain Free
- Double Bedroom
- Entry Phone System
- Modern Fitted Bathroom
- Open Plan Kitchen/Lounge

RYE STREET

£245,995

- Two Bedroom Flat
- Period Style Property
- Open Plan Lounge
- Modern Fitted Kitchen
- Communal Gardens
- Permit Parking

NEW INSTRUCTION
WATERHOUSE MOOR

190,000

- Two Bedroom Family Home
- End of Terrace
- Rear Extension
- Kitchen plus Utility
- Room
- Two Double Bedrooms
- Gas Radiator Central Heating
- Double Glazed Windows

SOLD
SIMILAR REQUIRED
CHURCHFIELD

£139,995

- Three Bedrooms
- Top Floor Flat
- No Onward Chain
- Large Accommodation
- Kitchen/Diner
- Lounge
- Own Balcony
- Close to Stow Shopping Centre

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FOLDCROFT



£200,000

- Three Bedroom Family Home
- Utility
- Fitted Kitchen
- Separate Lounge
- Three Good Sized Bedrooms
- Bathroom & Separate WC
- Chain Free

PERRY SPRINGS



£214,995

- Three Bedroom Family Home
- Lounge 12'9 x 11'11
- Modern Fitted Kitchen
- Conservatory
- Gas Central Heating
- Double Glazing
- Off Street Parking
- No Onward Chain

SPRINGHILLS



£220,000

- Three Bedroom Family Home
- Town Centre Location
- Close to Hospital
- Good Sized Garden
- Kitchen/Breakfast Room
- Double Glazed Windows
- Gas Radiator Central Heating

MARK HALL MOORS



£265,000

- Three Good Sized Bedrooms
- Semi-Detached Family Home
- Sought After Location
- Attractive 77ft long Rear Garden
- Conservatory & Patio Area
- Downstairs WC
- Modern Fitted Kitchen
- Family Shower Room

BARN MEAD



£220,000

- Three Bedroom Family Home
- No Onward Chain
- Southerly Facing Rear Garden
- Double Glazed Windows
- Gas Radiator Central Heating
- Kitchen
- Lounge/Diner
- Downstairs Cloakroom
- Three Good Sized Bedrooms
- Wet Room

SOLD IN 24 HOURS

MARIGOLD PLACE



£239,995

- Two Bedroom Home
- End of Terrace
- Extended
- Garage & Drive
- Stunning Bathroom
- Modern Kitchen
- Separate Dining Area
- Conservatory
- Popular Private Area

GUILFORDS



£260,000

- Four Bedrooms
- End of Terrace
- Old Town Location
- Downstairs Cloakroom
- Kitchen/Diner
- Four Good Sized Bedrooms
- Family Bathroom
- Viewing High Recommended

DENBY GRANGE



£289,995

- Three Bedroom Detached Family Home
- No Onward Chain
- Replacement Double Glazed Windows
- Two Reception Rooms
- Downstairs Cloakroom
- En-Suite to Master Bedroom
- Detached Garage

LONDON ROAD



£279,995

- Three Bedrooms
- Ground Floor Apartment
- Large Lounge
- Kitchen
- Bathroom & Separate WC
- Communal Gardens
- Old Harlow Location
- No Onward Chain

MORNINGTONS



£269,995

- Three Bedroom Family Home
- Semi-Detached
- Two Reception Rooms
- Downstairs Cloakroom
- Newly Fitted Bathroom Suite
- No Onward Chain
- Private Estate

MORNINGTONS



£275,000

- Three Bedroom Family Home
- Link-Detached
- Garage & Drive
- Good Sized Garden
- Open Plan Kitchen/Diner
- Living Room
- Large Rear Garden
- Double Glazed Windows

LINFORD END



£274,995

- Extended Semi-Detached
- Three Bedrooms
- 1930's Built
- Modern Fitted Kitchen
- Dining Room/Rear Extension
- Modern Fitted Bathroom
- En-Suite to Master Bedroom
- Enclosed Garden

FIR PARK



£299,995

- Three Bedrooms
- Semi-Detached Home
- Extended
- Popular Parks Location
- Potential of No Onward Chain
- Detached Garage
- Double Glazed Windows
- Cul-de-Sac Position



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KINGSLAND



NEW LISTING

£1000 PCM

- Three Bedroom House
- Refurbished Property
- Must Be Viewed
- Stunning Family Home
- Large Bedrooms
- White Goods Only
- Local Schools
- * Admin Fees Apply
- EPC Rating D
- Available End May

MILL COURT



NEW LISTING

£900 PCM

- Two Bed Apartment
- Furnished
- Large Terrace
- Intercom Entry
- Lift
- Available End June
- Close To Station
- EPC Rating D
- *Admin Fees Apply
- Modern Property

FOLDCROFT



NEW LISTING

£875 PCM

- Three Bedroom House
- Converted Two Bedroom
- Unfurnished
- White Goods Only
- Two Double Bedrooms
- *Admin Fees Apply
- EPC Rating D
- Close To Hospital
- Available Early June

THE HILL



NEW LISTING

£800 PCM

- Two Bedroom Flat
- Old Harlow Location
- First Floor
- Close To Shops & Schools
- Decorated, New Carpets
- * Admin Fees Apply
- EPC Rating D
- Register Your Interest
- Available Beginning June

MILL COURT



NEW LISTING

£675 PCM

- One Bedroom Apartment
- Available Now
- EPC Rating To Follow
- * Admin Fees Apply
- White Goods
- Modern Property
- Lift
- Private Block
- Next To Train Station

AYNSLEY GARDENS



NEW LISTING

£650 PCM

- Church Langley Apartment
- Ground Floor
- Unfurnished
- Close To Shops
- White Goods Only
- *Admin Fees Apply
- EPC Rating D
- Available Now

THE CHASE



LET AGREED

SIMILAR REQUIRED

£1500 PCM

- Three/Four Bed Town House
- New Hall Location
- EPC Rating C
- * Admin Fees Apply
- Unfurnished
- Contemporary Property
- Spacious Accommodation
- Integrated Appliances
- Available Now

Longbanks



LET AGREED

SIMILAR REQUIRED

£725 PCM

- Two Bedroom Flat
- Staple Tie
- Close To Shops
- Unfurnished
- White Goods Only
- First Floor
- * Admin Fees Apply
- EPC Rating D
- Available Now

MARKWELL WOOD



LET AGREED

SIMILAR REQUIRED

£625 PCM

- One Bedroom Flat
- First Floor
- Furnished
- Modern Property
- Must Be Viewed
- * Admin Fees Apply
- EPC Rating C
- Quiet Location
- Available Early June

OLD HARLOW



LET AGREED

SIMILAR REQUIRED

£600 PCM

- One Bedroom Flat
- Old Harlow High Street
- EPC Rating D
- * Admin Fees Apply
- Unfurnished
- Close To Shops
- Quirky Property
- Available Early June

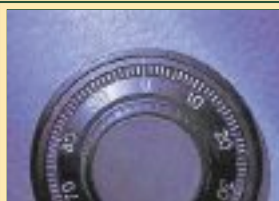
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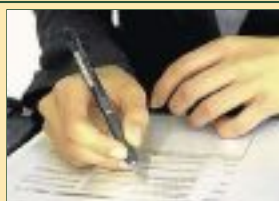
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APPLE TREE HOMES

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£269,995



Open day 14th June 10am -12pm Delightfully presented, Three Bedroom Semi Detached The property flows effortlessly

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£267,500



TIME TO MOVE Quite Cul De Sac in a Sunny position This property offers scope to extend Chain Free

SPRUCE HILL

£234,995



HOME SWEET HOME Four Bedroom Very Spacious Family Home, Cloak Room, Dual Aspect Living Room, Fitted Kitchen.

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£84,995



New to market a Large One Double bedroom First Floor Apartment Security Entry Door System

CHANTRY ROAD

£419,995



Presenting The Emery's Ex Show Luxury Ground Floor Apartment. Stunning interior. Chain Free. A MUST VIEW



CAMBRIDGE ROAD SAWBRIDGEWORTH



Refurbishment Opportunity Family Home, Three bedroom with the possibilities to change to a Four Bedroom



SAKINS CROFT HARLOW

£329,995



CORNER PLOT WITH SO MUCH POTENTIAL Loft Bedroom, Sunny Aspect Large Garden, CONSERVATORY



DAVENPORT CHURCH LANGLEY

£379,995



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JOYNERS FIELD HARLOW

£189,995



Open Day Saturday 24th May Between 10am & 12pm Call to book your appointment 01279 635 975



OLD ROAD HARLOW

£539,995



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NEW

**SHEERING ROAD, OLD HARLOW £1,195,000**

- Four Bedrooms
- Three Receptions
- Studio Room
- Detached Property
- Separate Detached Annex
- Garage & Carport
- Swimming Pool
- EPC Rating: TBC

NEW

**THE GARDINERS, CHURCH LANGLEY £279,995**

- Three Bedrooms
- Two Receptions
- Downstairs W.C
- Southerly Garden
- Semi Detached
- Immaculate Home
- Driveway
- EPC Rating: C

**MULBERRY GARDENS, OLD HARLOW £442,500**

- Four Bedrooms
- Kitchen/Diner
- Semi Detached
- Three Bathrooms
- Private Cul-De-Sac
- Corner Plot Garden
- Detached Garage
- EPC Rating: C

NEW

**PRIMROSE FIELD, HARLOW £210,000**

- Three Bedrooms
- End Of Terrace
- Kitchen/Diner
- Parking To Front
- CHAIN FREE
- 45ft Rear Garden
- EPC Rating: D
- Close To Shops

NEW

**TICKENHALL DRIVE, CHURCH LANGLEY £110,000**

- 55% Shared Ownership
- Two Bedrooms
- Terraced House
- 2 Parking Spaces
- Full Ownership Available
- Modern Decoration
- Upgraded Bathroom
- EPC Rating: C

PART BUY

**SHAWBRIDGE, HARLOW**

- Three Bedrooms
- Terraced House
- Two Receptions
- Cloakroom
- Modern Kitchen
- Close To Shops
- Chain Free
- EPC Rating: D

£204,995

SOLD MORE NEEDED

**AMBERRY COURT, HARLOW**

- Three Bedrooms
- Split Level
- 1st Floor Maisonette
- Lounge/Diner
- Modern Kitchen
- Balcony Off Lounge
- Close To Town
- EPC Rating: E

£129,995**EDMUNDS TOWER, HARLOW**

- One Bedroom
- 6th Floor
- Door Entry System
- New Kitchen
- Recently Decorated
- Central Location
- CHAIN FREE
- EPC Rating: TBC

£89,995

Ben Johnson

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NEW

SSTC IN 24HRS



WHARLEY HOOK, HARLOW £184,995

- Two Bedrooms
- Lounge/Diner
- Approx 40ft Garden
- Plenty Of Storage
- End Of Terrace
- Popular Location
- CHAIN FREE
- EPC Rating: TBC

NEW

SSTC IN 24HRS



WEDGEWOOD DRIVE, CHURCH LANGLEY £166,500

- Two Bedrooms
- Top Floor (2nd)
- Lounge/Diner
- Allocated Parking
- Door Entry System
- CHAIN FREE
- Popular Location
- EPC Rating: TBC



HARE STREET SPRINGS, HARLOW £249,995

- Three Bedrooms
- Two Receptions
- Backs Onto Fields
- Chain Free
- Semi Detached
- Driveway
- Close To Town
- EPC Rating: D

NEW

SSTC IN 24HRS



SYCAMORE FIELD, HARLOW £199,995

- Three Bedrooms
- Terraced Home
- Kitchen/Diner
- Extended Lounge
- Downstairs W.C
- CHAIN FREE
- Un-Overlooked Garden
- EPC Rating: TBC

NEW

SSTC IN 24HRS



TORKILDSEN WAY, HARLOW £144,995

- One Bedroom
- Lounge/Diner
- Modern Kitchen
- Close To Station
- Ground Floor Flat
- Allocated Parking
- Overlooking Fountain
- EPC Rating: B

TO LET

THE ROWS, HARLOW



- Retail Unit
- Ground Floor
- Town Centre Location
- Approx 1400sq ft
- Use Class A1 & A2
- Prominent Position
- Footpath Access
- Pay & Display Parking

£15,000 PA

TO LET

FIVE ACRES, HARLOW



- One Bedroom
- Ground Floor
- Lounge/Diner
- Apartment
- Recently Decorated
- Available Now
- Unfurnished
- EPC Rating: D

£625 PCM

LET AGREED

BROADFIELD, HARLOW



- First Floor
- Studio Apartment
- Modern Kitchen
- Modern Bathroom
- Close To Town
- Unfurnished
- Sorry NO DSS
- EPC Rating: TBC

£525 PCM



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AMBERRY COURT £515 PCM



One bedroom studio apartment, part furnished, available mid June. Energy Rating D

FIVE ACRES £525 PCM



One bedroom studio apartment, part furnished, available mid June. Energy Rating E

CONYERS £575 PCM



One bedroom apartment, part furnished, available late July. Energy Rating D

THE HIDES £585 PCM



One bedroom apartment, fully furnished, available late June. Energy Rating C

MARKWELL WOOD £600 PCM



One bedroom apartment, part furnished, available NOW! Energy Rating D
HALF PRICE ADMIN FEE



LADYWELL PROSPECT £625 PCM



One bedroom apartment, part furnished, available mid June. Energy Rating D

BROMLEY CLOSE £650 PCM



One bedroom apartment, fully furnished, available late June. Energy Rating C

DADSWOOD £725 PCM



Two bedroom apartment, part furnished, available early July. Energy Rating D

TITHELANDS £895 PCM



Three bedroom house, part furnished, available late May. Energy Rating D

CHURCH LEYS £645 PCM



One bedroom apartment, part furnished, available mid June. Energy Rating D

HERONS WOOD £700 PCM



Two bedroom apartment, part furnished, available mid June. Energy Rating D

MILWARDS £750 PCM



Two bedroom apartment, unfurnished, available NOW! Energy Rating F

HORNBEAMS £925 PCM



Three bedroom house, unfurnished, available mid June. Energy Rating D

TAYLIFERS £900 PCM



Three bedroom house, part furnished, available mid May. Energy Rating C



LONG LEY £925 PCM



Three bedroom house, part furnished, available early August. Energy Rating E

SPINNING WHEEL MEAD £950 PCM



Three bedroom house, part furnished, available mid July. Awaiting Energy Performance Certificate

FIVE ACRES £950 PCM



Three bedroom house, part furnished, available late June. Energy Rating D

PEARTREE MEAD £965 PCM



Three bedroom house, part furnished, available early August. Energy Rating D

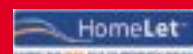


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£795pcm CHURCH LANGLEY (Abbeydale Close). Refurbished ground floor two bedroom apartment comprising entrance hall, newly fitted bathroom, two bedrooms, living/dining room and fitted kitchen. Allocated parking and ample visitors parking and use of the communal gardens. Short drive from the M11 and mainline railway station. Available immediately.



£595pcm SAWBRIDGEWORTH (Tudor Court). One bedroom unfurnished first floor apartment in a central location, short walk of the town centre and mainline railway station. Property comprises entrance hall, living room, fitted kitchen, bathroom and bedroom, allocated parking to the rear. Unfurnished and available 15th July. Viewing recommended, keys held.



£675pcm SAWBRIDGEWORTH (Waterside Place). Coming soon. One bedroom apartment situated just a short walk from mainline railway station and local amenities. Living room with open plan kitchen, double bedroom with fitted wardrobes and bathroom. Communal gardens and ample off road parking. Available late July.



£895pcm SAWBRIDGEWORTH (Lawrence Moorings). Recently renovated 3 bedroom first floor apartment with fine views over the marina. Recently fitted shower room, fitted kitchen, 3 bedrooms, large lounge, allocated parking, use of communal gardens. Short walk to BR station. Unfurnished and available June. No commercial vehicles allowed.



£695pcm HIGH WYICH (Bakers Lane). Fully furnished studio annexe situated in the grounds of a private house in a country lane location. Only a short walk from High Wyich village shop and Post Office, and also a short drive from Sawbridgeworth town centre with a wider range of shops, facilities and mainline railway station. Weekday occupancy only. Available June.



£725pcm SAWBRIDGEWORTH (Duckling Lane). A two bedroom first floor apartment in a convenient town center location. Only a short walk from Sawbridgeworth mainline railway station and amenities. Two bedrooms, fitted kitchen, bathroom, good sized lounge and shared roof garden. The property is available late June

WANTED

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required due to
exceptionally
high demand.



£750pcm (SAWBRIDGEWORTH) Lawrence Moorings. Two bedroom, third floor apartment situated in sought after riverside development. Just a few minutes walk from local amenities. Bright lounge with views over the communal gardens and river beyond. Also benefiting from two bedrooms, bathroom and fitted kitchen. Allocated parking. Available now.



£775pcm SAWBRIDGEWORTH (The Meadows). Two bedroom ground floor apartment situated in a popular development just a short walk from mainline station. Living room/dining room with patio doors giving access to patio area and communal gardens, fitted wardrobes to both bedrooms, kitchen and shower room. Off road parking.



£1100pcm SAWBRIDGEWORTH (Sheering Mill Lane). Renovated three bedroom end of terrace unfurnished Victorian cottage situated only a short walk from the mainline train station and town centre. Living room, separate dining room, newly fitted kitchen & bathroom, three bedrooms to the first floor, double glazed throughout, 120ft rear garden and street parking to front. Available immediately and keys held.



£950pcm SAWBRIDGEWORTH (Hazel Gardens). 3 bedroom property situated in a quiet location, just a short walk from local amenities. Bright lounge with large window to front, separate fitted kitchen with appliances, 3 good size bedrooms all with fitted wardrobes, and family bathroom. Off road parking and communal gardens. Available 8th July.



£1350pcm LOUGHTON (Chequers Road). Recently refurbished, unfurnished, three bedroom semi detached family home in popular location. Short walk from local amenities and Debden train station. Living room, kitchen, separate dining area, three bedrooms plus family bathroom to the first floor, good size rear garden, off road parking for 2 cars to front. Available July.



£1450pcm SAWBRIDGEWORTH (Saffron Crescent). Beautifully presented and recently constructed, three bedroom town house with high quality fittings. Situated in a picturesque development with fantastic views onto the river Stort and countryside beyond, just a 10 minute walk to the village centre and mainline railway station. Garage and off road parking. Available June.



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Two bedroom • Ground floor flat • Allocated parking • Popular location • + Cheapest fees in Harlow!



£725 PCM
FELMONGERS

Two double bedroom • Top floor flat • Recently decorated • Newly carpeted • Situated in much sought after area • + Cheapest fees in Harlow!



£750 PCM
WEDGEWOOD DRIVE

One bedroom • Modern house • Garden • Parking • Highly sought after area of Church Langley • + Cheapest fees in Harlow!



£775 PCM
MILL COURT

Two bedroom flat • En-suite • Phone entry door system and parking • Walking distance to town centre, railway station & hospital • + Cheapest fees in Harlow!



£850 PCM
RIDGEWAYS

Short term let • Two bedroom • Mid-terrace house • Much sought after area of Church Langley • + Cheapest fees in Harlow!



£850 PCM
COALPORT CLOSE

Two bedroom house • Located in much sought after area of Church Langley • Offered unfurnished • White goods only • Driveway parking • + Cheapest fees in Harlow!



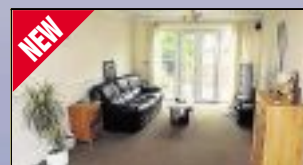
£850 PCM
DOULTON CLOSE

Two bedroom • End of terrace house • Situated in the sought after area of Church Langley • Very competitively priced • + Cheapest fees in Harlow!



£875 PCM
SHARPE CROFT

Two bedroom • Terraced house • Unfurnished • Large garden • Walking distance to town centre, hospital and train station • + Cheapest fees in Harlow!



£875 PCM
FOLD CROFT

Three bedroom • Terraced house • Walking distance to Harlow town centre, the hospital, Harlow town station • + Cheapest fees in Harlow!



£900 PCM
TITHELANDS

Three bedroom maisonette • Garden • Utility Room • Shed • Combi boiler • New Carpets • + Cheapest fees in Harlow!



£950 PCM
BROCKLESMEAD

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£950 PCM
ST NICHOLAS GREEN

Two double bedroom maisonette • Carport • Balcony off the main lounge • Much sought after area of Newhall • Immaculately presented • + Cheapest fees in Harlow!



£1,100 PCM
CHALLINOR

Three bedroom • Detached • Immaculately presented • Two reception rooms • En-suite to master bedroom • Driveway to attached single garage • Garden • Sought after area of Church Langley • + Cheapest fees in Harlow!



£1,250 PCM
SAKINS CROFT

Immaculate three bedroom • Semi detached house • Benefits include driveway and downstairs WC • Recently undergone complete refurbishment • + Cheapest fees in Harlow!



£675 PCM
AYNSLEY GARDENS

One bedroom • Ground floor flat • Allocated parking • Sought after location • Immaculately presented • + Cheapest fees in Harlow!



£900 PCM
MOORFIELD

Three bedroom • Terraced home • Two reception rooms • Fitted kitchen • Ground floor WC • Newly decorated including new carpets • + Cheapest fees in Harlow!



£1,000 PCM
MANOR ROAD

Rarely available • Three bedroom • Semi-detached house in Old Harlow • Hugely sought after area • Unlikely to remain on the market for long • + Cheapest fees in Harlow!



£1,250 PCM
DOULTON CLOSE

Three large double bedrooms • Detached property • Conservatory • Garage • Walking distance to schools and supermarket • + Cheapest fees in Harlow!

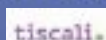


£1,300 PCM
CANOPY LANE

Unfurnished four bedroom house • Car port • Sought after area of Newhall • En-suite to the master bedroom • Downstairs WC • Immaculately presented • + Cheapest fees in Harlow!

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£900

- Three Bedroom Maisonette
- Private Garden
- LARGE LIVING AREA!!
- Available NOW!!
- EPC Rating D
- + Fees



Soper Square, New Hall

£900

- Two Bedroom Flat
- COMMUNAL GARDEN
- Popular Area
- EN-SUITE!
- EPC Rating C
- + Fees



Wedhey

£775

- Two Bedroom Flat
- Large Living Area
- CLOSE TO THE TOWN
- AVAILABLE NOW!
- Awaiting EPC Rating
- + Fees



Abbotsweld

£950

- Three Bedroom House
- LARGE BEDROOMS!
- Spacious Kitchen
- CONSERVATORY
- EPC Rating E
- + Fees



Little Pychons

£600

- One Bedroom Flat
- GROUND FLOOR
- CLOSE TO THE TOWN!!
- Large Living Area
- AVAILABLE NOW!!
- EPC Rating D
- + Fees



Dadswold

£725

- Two Bedroom Flat
- CLOSE TO THE TOWN!!
- ALLOCATED PARKING
- Available early August
- EPC Rating D
- + Fees



Woodbine Close

£650

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- RECENTLY LET
- ANOTHER REQUIRED

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£750

- Two Bedroom Flat
- Stunning Interior
- Lots Of Storage
- AVAILABLE NOW!!
- EPC Rating C
- + Fees



Milwards

£575

- One Bedroom Flat
- Large Living Area
- UTILITY ROOM
- AVAILABLE NOW!!
- Awaiting EPC Rating
- + Fees



Potter Street

£925

- THREE BEDROOM MAISONETTE
- RECENTLY LET
- ANOTHER REQUIRED



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BENTLEY DRIVE, CHURCH LANGLEY £795

• Two Bedroom First Floor Flat in popular Church Langley

- EPC band B
- Lounge with Laminate Flooring
- Two Double Bedrooms
- New Fitted Kitchen with White Goods
- Bathroom with Shower
- Secure Entry System
- Allocated Parking
- Tastefully Decorated Throughout
- Viewing Highly Recommended
- Available end of June



AYLETS FIELD, HARLOW £625

• One bedroom 1st floor apartment on a private development

- One double bedroom with built-in wardrobes
- Good sized lounge
- Kitchen with cooker, fridge & washing machine
- Bathroom with separate shower cubicle
- Secure entry system
- Allocated parking



MILL COURT, HARLOW £900

• Two Bedroom Apartment in sought after Mill Court

- EPC band B
- Fully Furnished
- Lounge with large Balcony with views over Town Park
- Stylish Fitted Kitchen with Appliances
- Double Bedroom with Ensuite Shower Room
- Good Size Single Bedroom
- Modern Bathroom with Shower
- Allocated Parking
- Viewing Essential
- Available early July



MORLEY GROVE, TOWN CENTRE £800

• Large Two Bedroom Flat close to Town Centre

- Large Lounge
- Open Plan Kitchen with White Goods
- Two DOUBLE Bedrooms
- Bathroom with Shower
- Storage Cupboard
- Newly decorated throughout
- New carpets throughout
- Walking distance to Town & Station
- Available end of June
- Ideal Location for Hospital Workers



RIDGWAYS, CHURCH LANGLEY £875

• Two Bedroom House in popular Church Langley

- Lounge
- Fitted Kitchen
- Two DOUBLE Bedrooms
- Bathroom
- Medium size garden
- Two allocated parking spaces



MOOR HALL FARM, HARLOW TYE £4,500

• Stunning Five Bedroom Detached Farmhouse set in 6 Acres of Land

- EPC band F
- Four Reception Rooms
- Five Double Bedrooms, Two with ensuite
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- Fitted Kitchen with White Goods
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- Swimming Pool
- Downstairs Shower Room
- Private Driveway with Ample Parking
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HARLOW

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HARLOW DOUBLE ROOM. Single occupancy. No smokers. No DSS. £350pcm fully inclusive. Tel: 07970 830305

HARLOW ROOMS TO LET in clean friendly shared house. Doubles from £80pw, singles from £60pw, inclusive of all bills. Fully furnished, fridge in room. dep £200. No DSS Tel: 07973 226243

HARLOW Rooms in clean, comfortable house share, from £60pw including bills. £200 deposit! No DSS. Tel: 07507 776259

HARLOW Staple Tye, one single room and one double room all bills included. 07466783166.

MOBILE HOME TO RENT No dogs, no children. No Texts! Tel: 07767 086793

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14 (63)	KIA PICANTO 1.25 SDR 2.0, Met Fuchsia, Under 2,000 Miles, Air Conditioning, Alloy Wheels, Remote Central Locking, Electric Heated Folding Mirrors, Under Kia Warranty until 01/2021.....	£9,995		
13 (63)	KIA RIO 1.4 5DOOR 2.0, Ex Demo, Met Blue, 3,000 Miles, Air Con, Alloy Wheels, Bluetooth, Front Fog Lamps, Electric Windows, Kia Warranty until 09/2020.....	£11,695		
12 (12)	ALFA ROMEO MITO DISTINCTIVE MULTI AIR, Red, 10,000 Miles, Alloy Wheels, Cruise Control, Electric Windows, Parking Sensors.....	£11,895		
12 (12)	MAZDA 3 1.6 PETROL VENTURE SPECIAL EDITION SDR, 11,000 Miles, Metallic Red, Alloy Wheels, CD Radio, In-built factory Sat Nav, Electric Windows, Remote Locking, Warranty until 2015.....	£11,995		
£12,001 to £22,349	SALE PRICE			
10 (60)	KIA SEDONA 2.2 DIESEL 7 SEATER PEOPLE CARRIER 6 SPEED MANUAL 2.2, 32,000 Miles, Silver, Privacy Glass, Ivin Climate Control, Air Conditioning, Alloy Wheels, Under Kia Warranty until 01/2021.....	£12,495		
14 (14)	KIA SOUL 1.6 PETROL SHAKER SPECIAL EDITION 6 SPEED MANUAL, Delivery Miles Only, Reversing Camera, Special Alloy Wheels, Glass Sunroof, Special Interior Trim, Under Kia Warranty until 04/2021.....	£13,290		
10 (60)	KIA SPORTAGE 1.7 DIESEL 2.0, Met Grey, Panoramic Sliding Glass Roof, Half Leather Trim, Alloy Wheels, Cruise Control, Bluetooth CD/Radio MP3, Electric Windows, Privacy Glass, 69,000 Miles, One Owner.....	£13,995		
14 (63)	KIA VENGIA 1.6 AUTOMATIC SDR 2.0, Met Infra Red, Under 2,000 Miles, Air Conditioning, Electric Windows, Remote Central Locking, Electric Mirrors, Alloy Wheels, Under Kia Warranty until 01/2021.....	£13,999		
12 (62)	KIA SPORTAGE 1.6 PETROL 1.5 DR, Met Space Blue, 10,000 Miles, Alloy Wheels, Remote Central Locking, Air Conditioning, Electric Windows, 2 Years Free Servicing Offer, Under Kia Warranty until 10/2019.....	£14,499		
10 (60)	KIA SORENTO 1.2 2.2 2WD DIESEL AUTO, Metallic Black, Alloy Wheels, CD Radio MP3, Electric Windows, Air Con, 22,000 Miles, Special Alloy Wheels.....	£15,995		
13 (62)	KIA PRO CEED GT 1.6 TURBO 200 BHP MANUAL 3DR SPORTS COUPE, White, Under 500 Miles, Leather Interior, Special Alloy Wheels, Fog Lamps, Climate Control, Air Con Cruise Control, Bluetooth, Under Kia Warranty until 09/2020.....	£16,999		
12 (12)	KIA SORENTO 1.7 3 DIESEL SDR 7 SEATER 4X4 6 SPEED MANUAL, Silver, 15,000 Miles, Alloy Wheels, Air Conditioning, Remote Central Locking, Under Kia Warranty until 05/2019.....	£18,995		
12 (62)	KIA SPORTAGE 1.7 3 DIESEL SDR, Met Silver, 7.5 Sat Nav Screen, Reversing Camera, Cruise Control, Climate Control, Full Leather Interior, Panoramic Glass Sunroof, Special Alloy Wheels.....	£19,495		
12 (12)	KIA SPORTAGE 2.0 DIESEL KX-3 MANUAL SDR, Met Gunmetal Grey, 10,000 Miles, Leather Interior, Special Alloy Wheels, Fog Lamps, Climate Control, Air Conditioning, Cruise Control, Bluetooth, Under Kia Warranty until 01/2020.....	£19,495		
13 (62)	KIA SPORTAGE 1.7 DIESEL 3.6 SPEED MANUAL, White, 7.5 Sat Nav Screen, Special Alloy Wheels, Panoramic Glass Sunroof, Full Leather Interior, Cruise Control, Climate Control, Under Kia Warranty until 01/2020.....	£19,995		
13 (63)	KIA CARENS 1.7 DIESEL 3.6 SPEED MANUAL 7 SEATER MPV, Reversing Camera, Special Alloy Wheels, Full Leather Interior, Cruise Control, Climate Control, Under Kia Warranty until 10/2020.....	£19,999		
13 (63)	KIA OPTIMA 1.7 AUTO 3.0, ACCESSHIP MODEL OF THE KIA RANGE, Full Leather Interior, Climate Control, Air Con, Cruise Control, Electric Heated Seats, Special Alloy, Paddle Shifters, Auto Gearbox, Full Length Panoramic Sunroof, 7.5 Sat Nav Screen, Reversing Camera, Ex Demo Car With Under 3,000 Miles, Under Warranty until 2020.....	£21,995		
14 (63)	KIA SPORTAGE 2.0 DIESEL KX-3 6 SPEED MANUAL, 7.5 Sat Nav Screen, Special Alloy Wheels, Panoramic Glass Sunroof, Full Leather Interior, Cruise Control, Climate Control, Under Kia Warranty until 02/2021.....	£22,349		

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13 (13)	KIA RIO 1.4 PETROL 2.0, MET BLAZE RED, 11,000 MILES, ALLOY WHEELS, AIR CONDITIONING, ELECTRIC FOLDING MIRRORS, ELECTRIC WINDOWS X4, REMOTE CENTRAL LOCKING, FRONT FOG LAMPS.....	£10,295
13 (63)	KIA RIO 1.4 PETROL 2.0, MET ELECTRIC BLUE, 11,000 MILES, ALLOY WHEELS, AIR CONDITIONING, ELECTRIC FOLDING MIRRORS, ELECTRIC WINDOWS X4, REMOTE CENTRAL LOCKING, FRONT FOG LAMPS.....	£10,695
13 (13)	KIA CEED 1.6 PETROL 2.0, MET SILVER, 5,000 MILES ONLY, PARKING SENSORS, ALLOY WHEELS, AIR CON, ELECTRIC WINDOWS X4, REMOTE CENTRAL LOCKING.....	£12,790
13 (13)	KIA CEED 1.6 DIESEL MANUAL, ARTIC WHITE, 12,000 MILES, AIR CONDITIONING, ELECTRIC WINDOWS, CD RADIO MP3, REMOTE CENTRAL LOCKING.....	£12,995
13 (13)	KIA CEED 1.6 PETROL 2.0, IN MET SILVER, 5,000 MILES ONLY, PARKING SENSORS, ALLOY WHEELS, AIR CON, ELECTRIC WINDOWS X4, REMOTE CENTRAL LOCKING.....	£12,999
13 (63)	KIA CEED 1.6 PETROL 2.0, MET BLACK, ALLOY WHEELS, AIR CONDITIONING, ELECTRIC FOLDING MIRRORS, ELECTRIC WINDOWS X4, REAR PARKING SENSORS, REMOTE CENTRAL LOCKING.....	£13,495
13 (63)	KIA CEED 1.6 DIESEL 1.5 DR, 6 SPEED MANUAL, £30.00 PER YEAR ROAD TAX, AIR CONDITIONING, ELECTRIC WINDOWS, REMOTE CENTRAL LOCKING, CD PLAYER WITH IPOD CONNECTION.....	£13,595
13 (63)	KIA CEED 1.6 PETROL 2.0, MET PLANET BLUE, ALLOY WHEELS, AIR CONDITIONING, ELECTRIC FOLDING MIRRORS, ELECTRIC WINDOWS X4, REAR PARKING SENSORS, REMOTE CENTRAL LOCKING.....	£13,695
13 (13)	KIA CEED 1.6 PETROL MANUAL, MET BLACK, 16,000 MILES, ALLOY WHEELS, CRUISE CONTROL, SAT NAV, REAR PARKING SENSORS AND CAMERA, ELECTRIC WINDOWS.....	£13,989
13 (13)	KIA CEED 1.6 DIESEL, 6 SPEED MANUAL, SILVER, 13,000 MILES, REMOTE CENTRAL LOCKING, VOICE ACTIVATED BLUETOOTH, ELECTRIC MIRRORS, £30 PER YEAR ROAD TAX.....	£13,995
13 (13)	KIA CEED 1.6 DIESEL AUTO 2.0 DR, MET BLACK, 12,000 MILES, AIR CONDITIONING, REAR PARKING SENSORS, ALLOY WHEELS, REMOTE CENTRAL LOCKING, ELECTRIC WINDOWS.....	£14,490
13 (13)	KIA CEED 1.6 DIESEL 2.0 S/W ESTATE 6 SPEED MANUAL GEARBOX, MET SILVER, 13,000 MILES, ALLOY WHEELS, AIR CON, REMOTE CENTRAL LOCKING, ELECTRIC WINDOWS X4.....	£14,490
13 (13)	KIA CEED 1.6 PETROL SDR, 9000 MILES, 7.5 SAT NAV SCREEN, REVERSING CAMERA, ALLOYS, REMOTE CENTRAL LOCKING, VOICE ACTIVATED BLUETOOTH.....	£14,750
13 (13)	KIA CEED 1.6 PETROL, MET BLACK, 13,000 MILES, 7.5 SAT NAV SCREEN, REVERSING CAMERA, ALLOYS, REMOTE CENTRAL LOCKING, VOICE ACTIVATED BLUETOOTH, ELECTRIC HEATED FOLDING MIRRORS.....	£14,795
13 (63)	KIA CEED 1.6 DIESEL ESTATE S/W 2.0, MET PLANET BLUE, 12,000 MILES, ALLOY WHEELS, AIR CONDITIONING, ELECTRIC FOLDING MIRRORS, ELECTRIC WINDOWS X4, REAR PARKING SENSORS, REMOTE CENTRAL LOCKING.....	£14,895
13 (63)	KIA CEED 1.6 DIESEL 1.7 3.0 AUTOMATIC, MET INFRA RED, ALLOY WHEELS, AIR CONDITIONING, ELECTRIC FOLDING MIRRORS, ELECTRIC WINDOWS X4, REAR PARKING SENSORS, REMOTE CENTRAL LOCKING.....	£14,999
13 (13)	KIA CEED 1.6 ESTATE S/W 2.0, MET SILVER, 13,000 MILES, ALLOYS, REMOTE CENTRAL LOCKING, VOICE ACTIVATED BLUETOOTH, ELECTRIC MIRRORS.....	£15,495
13 (13)	KIA CEED 1.6 DIESEL 3.0, MET INFRA RED, ALLOY WHEELS, CLIMATE CONTROL, AIR CONDITIONING, 7.5 SAT NAV SCREEN AND REVERSING CAMERA, ELECTRIC WINDOWS X4, REAR PARKING SENSORS, REMOTE CENTRAL LOCKING.....	£15,499
13 (63)	KIA CEED 1.6 DIESEL 3.0, MET SILVER, ALLOY WHEELS, CLIMATE CONTROL, AIR CONDITIONING, 7.5 SAT NAV SCREEN AND REVERSING CAMERA, ELECTRIC WINDOWS X4, REAR PARKING SENSORS, REMOTE CENTRAL LOCKING.....	£15,999
13 (13)	KIA CEED 1.6 DIESEL 3.0 ESTATE S/W, MET SILVER, 9,000 MILES, ALLOY WHEELS, CLIMATE CONTROL, AIR CON, REVERSING CAMERA AND REVERSING CAMERA, ELECTRIC WINDOWS X4, REAR PARKING SENSORS, REMOTE CENTRAL LOCKING.....	£16,495
13 (13)	KIA CEED 1.6 4 TECH AUTO SDR, BLACK, 6,000 MILES, FLAGSHIP SPEC & PANORAMIC GLASS ROOF, PUSH BUTT START, SAT NAV, BLUETOOTH.....	£16,995
13 (13)	KIA SPORTAGE 1.7 DIESEL 2.0, MET SILVER, 13,000 MILES, AIR CON, ELECTRIC WINDOWS, FULL LENGTH PANORAMIC SUNROOF, HALF LEATHER INTERIOR, ALLOYS.....	£18,695
13 (62)	KIA SPORTAGE 1.7 3 DIESEL, MET SILVER, PANORAMIC GLASS SUNROOF, FULL LEATHER INTERIOR, BLUETOOTH, REMOTE CENTRAL LOCKING, 18" ALLOYS, CRUISE CONTROL, AUTO LIGHTS, ELECTRIC WINDOWS 10,000 MILES.....	£18,999



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Picanto 3-dr 'VR7' from
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 customer saving
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8.9 Read 2,299 reviews
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Fuel consumption figures in mpg (l/100km) for the range of Kia models shown are: Urban 31.0 (9.1) – 47.1 (6.0), Extra Urban 46.3 (6.1) – 58.9 (4.8), Combined 39.2 (7.2) – 54.3 (5.2). CO₂ emissions are 189 – 135g/km. MPG figures are official EU Test figures for comparative purposes and may not reflect real driving results. 7 year/100,000 mile manufacturer's warranty. For terms and exclusions visit kia.co.uk or see your local dealer. Price, Reevoo score and number of reviews correct at time of going to press and specification subject to change without notice. (OTR) includes delivery metallic paint at £495, Sorento KX-1 2.2 CRDi 194bhp 6-speed manual 7 seat @ £24,695 including customer saving of £2,000 and excluding optional metallic paint at £535. OTR price includes VAT, number plates, delivery, 12 months' Government Vehicle Excise Duty (VED) and Vehicle First Registration Fee. Retail customers only. Subject to availability on vehicles registered before 30th June 2014. *4.9% APR available on Kia Conditional Sale on all Sportage and Sorento models. 10% minimum deposit required. Maximum term of 36 months. Offer not available in conjunction with any other offer. Finance subject to status. Terms and conditions apply. 18% or over. Guarantees / Indemnities may be required. Kia Motors Finance RH1 1SR. We can introduce you to a limited number of carefully selected finance providers. We may receive a commission from them for the introduction. Customer savings vary by model derivative. Ask your dealer for full details.

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CARS FROM £10 PER WEEK

- (08) Fiat Panda 1.1 Active 5DR, in primrose, one owner, FSH, low road tax, low insurance, very economical, many factory extras£2995 or £10pw
(55) Vauxhall Corsa 1.2 SXI 5DR, in black, low mileage, one owner, FSH, very economical, alloys, electric windows, power steering, alarm and more£3295 or £14pw
(05) Volkswagen Polo Twist 3DR, in blue, one previous keeper, low mileage, service history, low RFL, low insurance, very economical, many extras£3495 or £15pw
(02) Suzuki Jimmy GLX Special 4WD 3DR, in metallic blue, 46,000 miles, FSH, many factory extras including, alloys, electric windows, central locking£3495 or £15pw
(06) Vauxhall Vectra 1.8 Exclusive 5DR, in blue, 40,000 miles, main dealer FSH, air con, electric pack, power steering, abs, alarm, CD and much more£3495 or £15pw
(08) Kia Rio 1.4 LS 5DR, in Saturn, only 30,000 miles, FSH, fitted with alloys, air con, CD, abs, full electric pack and much more£3495 or £15pw
(04) Toyota Corolla T3 Colour Collection 5DR, in grey metallic, one owner, main dealer FSH, low mileage, abs and more, value at£3695 or £16pw
(55) Ford Fiesta 1.4 Zetec Climate 5DR, in black, one previous keeper, service history, power steering, electric windows, abs, alarm and more, value at£3695 or £16pw
(05) Toyota Corolla 1.6 T2 VVTi Auto 5DR, finished in metallic grey, FSH, fitted with air con, electric windows, power steering, alarm and more, value£3695 or £16pw
(54) BMW 318 SE 4DR, in grey, only 50,000 miles, FSH, alloys, air con, abs, traction control, full electric pack, and many other factory extras£3995 or £17pw

CARS FROM £20 PER WEEK

- (10) Citroen C1 VTR Plus 3DR, in Saturn, one owner, FSH, £20 RFL, half leather, alloys, air con, abs, alarm, electric windows and more, value at£4995 or £20pw
(08) Mazda 3 Sport 5DR, in met grey, immaculate condition, fitted with an array of factory extras, one previous keeper, FSH, great value at£4995 or £20pw
(09) Chevrolet Cruze 4DR Saloon, in blue, one owner, main dealer FSH, only 4,000 miles, fantastic value for money, fitted with many extras, immaculate£4995 or £20pw
(11) Chevrolet Spark 1.0 LS 5DR, in blue, one owner, main dealer FSH, low mileage, £30 RFL, very economical, fitted with many extras, prime example£4995 or £20pw
(54) Audi A3 Quattro Sport 5DR, in blue, stunning looking, with extras including, leather, air con, alloys, auto lights, alarm and much more, FSH, value at£4995 or £20pw
(08) Seat Ibiza 1.4 Sport 3DR, in black, only 20,000 miles, FSH, fitted with air con, alloys, electric windows, heated mirrors, CD, abs and more£4995 or £20pw
(07) Nissan Micra Spirit Auto 5DR, in metallic blue, one previous keeper, low mileage, main dealer FSH, alloys, electric windows, alarm and more£4995 or £20pw
(59) Peugeot 207 Verve, finished in Saturn, one owner, FSH, Bluetooth, iPod connection, air con, alarm, full electric pack, excellent example, only£4995 or £20pw
(06) Toyota Yaris T3 1.3 5DR, in silver, only 20,000 miles, one previous keeper, FSH from new, air con, full electric pack, abs, alarm and more£4995 or £20pw
(08) Nissan Micra 25 Anniversary Edition 5DR, in black, one owner, main dealer FSH, only 28,000 miles, alloys, abs, air con, keyless entry and more£4995 or £20pw
(07) Ford Fiesta 1.4 Zetec Climate 5DR, in met blue, only 20,000 miles, alloys, air con, abs, CD, power steering, electric windows and much more£5295 or £22pw
(08) Ford Fiesta 1.4 Zetec Diesel, in met blue, low mileage, low RFL, low insurance, fitted with many factory extras, excellent example, very economical£5295 or £22pw
(10) Peugeot 207 HDI Diesel Verve 5DR, in met grey, one owner, FSH, air con, alloys, abs, CD, full electric pack, immaculate, £30 RFL£5495 or £23pw
(59) Seat Ibiza 1.4 3DR, in silver, exceptional condition, low insurance, low RFL, fitted with many factory extras, with one previous keeper and FSH£5495 or £23pw
(08) Chrysler Voyager Executive 7 Seater, in black, one previous keeper, FSH, leather, electric/heated seats, air con, alloys, electric sliding door£5495 or £23pw
(08) Renault Clio 1.2 Dynamique 5DR, in metallic blue, only 40,000 miles, FSH, keyless entry, auto lights, air con, alloys, full electric pack, immaculate£5495 or £23pw
(09) Vauxhall Tigra 1.4 Air Convertible, in silver, 35,000 miles, FSH, electric hard top, abs, alarm, central locking, air con, alloys and much more, value at£5495 or £23pw
(07) Mazda 5 Furano 7 Seater, finished in grey, one owner, full service history, full leather, air con, alloys, full electric pack and much more£5695 or £24pw
(10) Vauxhall Meriva 1.4 5DR (New Shape), in blue, only 18,000 miles, one previous keeper, FSH, alloys, air con, alarm, abs, power steering and more£5695 or £24pw
(58) Honda Jazz SE 5DR, in silver, only 35,000 miles from new, one owner, FSH, air con, alloys, full electric pack, CD player, alarm and much more£5695 or £24pw
(08) Vauxhall Astra 1.6 Design Coupe, in silver, low mileage, FSH, immaculate, with full electric pack, air con, alloys, leather, parking sensors and more£5695 or £24pw
(06) Mercedes A180 Avantgarde SE Auto Diesel 5DR, in silver, half leather, alloys, air con, cruise control, full electric pack and much more value at£5695 or £24pw
(10) Peugeot 207 1.4 S 5DR, in metallic blue, one previous keeper, FSH, with many extras including electric pack, air con, central locking, alarm and more£5695 or £24pw
(57) Mercedes A150 Elegance SE 5DR, in metallic blue, 30,000 miles, one previous keeper, FSH, alloys, air con, abs, full electric pack and more£5995 or £25pw
(10) Toyota Aygo 1.0 5DR Auto, in blue, only 17,000 miles, one lady owner from new, comes with Toyota warranty, air con, Bluetooth, and more £20 RFL£5995 or £25pw
(09) Honda Jazz 1.2 S 5DR (New Shape), in silver, one previous owner, service history, low insurance, low RFL, low running costs, prime example£5995 or £25pw

CARS FROM £30 PER WEEK

- (11) Vauxhall Insignia CDTi Diesel 5DR, one owner, FSH, finished in black, Bluetooth, air con, CD, full electric pack, exceptional condition, value at£7495 or £32pw
(09) Seat Altea Stylance TDI Diesel 5DR MPV, in Saturn, 40,000 miles, one owner, FSH, cruise control, alloys, air con, auto lights, electric pack and more£7495 or £32pw
(11) Fiat 500 Lounge, in black, one previous owner, low mileage, service history, pan roof, Bluetooth, abs, CD, air con, alloys and more£7495 or £32pw
(56) Mercedes B200 SE Auto 5DR, in black, one owner, full Merc history, 30,000 miles, with many factory extras, excellent example, fantastic value£7495 or £32pw
(62) Vauxhall Corsa 1.2 Active 5DR, in black, only 20,000 miles, FSH, half leather, alloys, air con, iPod connection, manufactures warranty, one owner£7695 or £33pw
(57) Honda Civic Type-R GT 3DR, in black, white alloys, sport seats, abs, privacy glass, 6 speed, Bluetooth, and much more, FSH, stunning looking car£7995 or £34pw
(08) Volkswagen Beetle Luna Convertible, in silver, 40,000 miles, one owner, FSH, electric power hood, air con, alloys, abs, high spec, prime example£7995 or £34pw
(06) Mercedes C200 Kompressor Sport Auto, in black, only 30,000 miles, one owner, FSH, full leather, cruise/climate control, alloys and more£7995 or £34pw
(10) Peugeot 3008 Sport HDI Diesel 5DR, one owner, main dealer FSH, in metallic grey, alloys, air con, cruise control and many other factory extras£7995 or £34pw
(58) Nissan Qashqai Acenta 5DR, in metallic grey, one owner, FSH, air con, alloys, traction control, CD player, full electric pack and much more, value at£7995 or £34pw
(10) Vauxhall Insignia 1.8 SRi, in silver, one previous keeper, 6 speed, sport seats, cruise/climate control, auto lights, alloys, full electric pack, exceptional£7995 or £34pw
(08) Jaguar X-Type SE TDI Diesel Saloon, in blue, one owner, FSH, with extras including leather, climate/cruise control, parking sensors, high spec car£7995 or £34pw
(14) Smart ForTwo Passion Auto, in white, one owner, 394 miles from new, Yes only 394 miles, sat nav, panoramic sunroof, huge saving off new price£8495 or £35pw

CARS FROM £10 PER WEEK

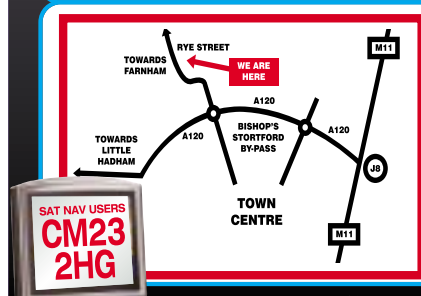
- (07) Renault Clio 1.6 Dynamique S 3DR, in black, low mileage, service history, fitted with air con, alloys, full electric pack, abs, CD, and more£3995 or £17pw
(05) Mercedes A150 Classic SE Auto 5DR, in metallic blue, with many extras including full length sunroof, air con, electric pack and more, low mileage£3995 or £17pw
(56) Ford Fiesta 1.4 Zetec Climate 5DR, in light blue, one owner, fitted with iPod connection, abs, alloys, air con, CD and more, great value at£3995 or £17pw
(59) Fiat Panda 1.1 Active 5DR, in black, one owner, FSH, only 30,000 miles, £30 RFL, low insurance, low running costs, excellent example£3995 or £17pw
(08) Smart ForTwo Passion Automatic Convertible, in white & black, £30 RFL, full leather, power hood, heated seats, alloys, full electric pack and more£4295 or £18pw
(57) Peugeot 207 S 5DR, in metallic grey, one previous keeper, low mileage, FSH, parking sensors, CD player, alloys, abs, air con and much more£4495 or £18pw
(08) Hyundai Getz 1.4 SE 5DR, 20,000 miles, one previous owner, service history, absolutely immaculate, with air con, abs and much more£4495 or £18pw
(53) Honda CRV SE Sport 5DR, in silver, one previous owner, FSH, alloys, air con, alarm, power steering, abs and more, excellent example£4495 or £18pw
(06) Suzuki Grand Vitara VTI Plus 4WD, in metallic blue, one previous owner, FSH, alloys, air con, traction control, full electric pack and much more£4695 or £19pw

CARS FROM £20 PER WEEK

- (61) Kia Picanto 1.0 5DR, in black, 70 MPG, RFL exempt, low mileage, one owner, FSH, power steering, full electric pack, excellent example, value at£5995 or £25pw
(08) Hyundai Coupe Sili Automatic, in black, one owner, low mileage, FSH, leather, cruise control, parking sensors, air con, alloys and more, value£5995 or £25pw
(59) Kia Ceed 2 Automatic 5DR, in silver, still under manufactures warranty, one owner, FSH, abs, air con, electric windows and much more£5995 or £24pw
(08) Kia Ceed 1.6 CRDi Diesel LS 5DR, in grey, half leather, climate control, alloys, iPod connection, full electric pack, very economical, low RFL£5995 or £24pw
(11) Nissan Micra 1.2 Acenta 5DR (New Shape), choice of two in black or blue, Bluetooth, cruise control, alloys, climate control, £30 RFL, both excellent£5995 or £24pw
(08) Volkswagen Golf 1.6 Match 5DR, in silver, one previous keeper, FSH, with many extras including air con, alloys, full electric pack, traction control£5995 or £25pw
(10) Fiat 500 Pop 3DR, in silver, one previous keeper, FSH from new, excellent example, air con, full electric pack, CD player and more, £30 RFL, value£5995 or £25pw
(61) Fiat Punto Evo Mylife 3DR, in met grey, one previous owner, service history, 15,000 miles, extras include air con, alloys, sports seats, abs and more£6495 or £26pw
(59) Citroen C3 Picasso Exclusive Diesel 5DR MPV, in Saturn, one previous keeper, FSH, low mileage, very economical, air con, alloys, privacy glass£6495 or £26pw
(07) Volkswagen Golf Sport TDI Diesel 5DR, in black, one previous keeper, FSH, low mileage, alloys, sport seats, air con, multi disc CD, abs and more£6495 or £26pw
(59) Ford Fiesta 1.4 Zetec 5DR (New Shape), one previous keeper, service history, with many extras, air con, alloys, CD player, electric pack and more£6495 or £26pw
(59) Fiat 500 Sport 3DR, in white, one previous keeper, 30,000 miles, FSH, £30 RFL, half leather, sports seats, Bluetooth, alloys, air con and more£6695 or £27pw
(57) Mini Cooper, finished in blue, chill pack, 6 speed, panoramic roof, half leather, air con, one owner, full service history, great value at£6695 or £27pw
(09) Peugeot 207 1.6 Elie CC Convertible, in silver, full leather, sport seats, parking sensors, alloys main dealer FSH, and many other extras£6695 or £27pw
(05) Mini Cooper S Automatic, in met blue, one previous owner, FSH, panoramic sunroof, half leather, alloys, air con, sat nav, cruise control and more£6995 or £29pw
(07) Hyundai Tucson CDX Diesel 4WD 5DR, in blue one owner, FSH, full leather, heated seats, alloys, air con, MP3, abs, full electric pack and more£6995 or £29pw
(11) Vauxhall Meriva Exclusive CDTi Diesel Auto, in black, one owner, 10,000 miles, FSH, extras including, air con, abs, CD, electric pack and more£6995 or £29pw
(12) Ford Ka 1.2 Zetec 3DR, in silver, only 20,000 miles, one owner, FSH, abs, alloys, air con, electric windows, stop/start, £30 RFL£6995 or £29pw
(08) Vauxhall Corsa 1.6 VXR 3DR, in arden blue, Recaro sport seats, alloys, privacy glass, air con, 6 speed, body kit, stunning looking car£6995 or £29pw
(10) Alfa Romeo Mito Lusso 1.4, in black, one previous keeper, FSH, 40,000 miles from new, alloys, abs, air con, full electric pack, value at£6995 or £29pw
(55) Subaru Impreza WRX Turbo 4DR, in grey metallic, AWD, one owner, FSH, air con, alloys, full electric pack, electric mirrors/windows, alarm and more£6995 or £29pw
(11) Renault Grande Scenic Dynamique TomTom DCI Diesel 7 Seater MPV 5DR, in blue, sat nav, climate control, parking cameras one owner FSH£6995 or £29pw
(08) Kia Sportage XS 4x4 5DR, in silver, one previous owner, FSH, only 40,000 miles, full leather, heated seats, parking sensors, cruise control and more£6995 or £29pw

CARS FROM £30 PER WEEK

- (59) Volvo C30 R Design 3DR, in metallic blue, one owner, main dealer FSH, 27,000 miles, leather, air con, alloys, abs, full electric pack and much more£6995 or £37pw
(09) Mini Clubman Cooper Estate, in met blue with black roof, chill pack, half leather, sport seats, roof rails, parking sensors, low mileage, FSH£6995 or £39pw
(57) Nissan Pathfinder Sport DCI Diesel 7 Seater, in black, colour sat nav, Bluetooth, alloys, keyless entry, 6 speed, parking camera and more, FSH£6995 or £40pw
(09) Volkswagen Touran SE TDI Diesel Bluetooth, in black, one owner, FSH, climate/cruise control, abs, alloys, CD player and much more£6995 or £42pw
(11) Nissan Juke Acenta Premium 5DR, in Saturn, one owner, FSH, with many extras including, Bluetooth, air con, alloys, parking camera, abs and more£6995 or £42pw
(57) BMW 520 MSport Diesel 4DR, in black, one previous owner, main dealer FSH, full leather, air con, alloys, parking sensors, cruise control and more£9995 or £42pw
(12) Nissan Juke Acenta Premium 5DR, in silver, one owner, 30,000 miles, FSH, sat nav, air con, electric pack, parking camera/sensors and much more£10,995 or POA
(60) Chevrolet Captiva VCDi Diesel Estate 7 Seater, in grey, one owner, FSH, 44,000 miles, sat nav, leather, Bluetooth, parking camera, cruise control£10,995 or POA
(57) BMW 525 MSport Touring Estate Diesel Auto, in metallic grey, one owner, main dealer FSH, sat nav, full leather, cruise/climate control and more£11,495 or POA
(08) Audi TT FSI Auto Coupe, in black, low mileage, one previous keeper, FSH, half leather, air con, alloys, full electric pack, alarm and much more£12,995 or POA
(59) Volkswagen Scirocco GT TDI Diesel Automatic Coupe, in black, 30,000 miles, one owner, FSH, leather, alloys, heated seats, parking sensors£14,995 or POA
(12) Audi A1 TDI S-Line Diesel 3DR, in white, one owner, 10,000 miles, main dealer FSH, manufactures warranty, half leather, alloys, Bluetooth and more£14,995 or POA
(60) Audi A5 Sportback TDI Quattro S-Line 5DR, in black, full leather, alloys, air con, Bluetooth, parking sensors, heated seats, cruise control and more£15,995 or POA



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APR REPRESENTATIVE	6.5%



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On the Road Price	£8,945
Fiat Customer Saving	£1,450
Offer Price	£7,495
Customer Deposit	£119
Amount of Credit	£7,376
47 Monthly Payments	£119
Optional Final Payment (incl. £285 fee)	£2,857
Total Amount Payable by Customer	£8,569
Duration of Contract	48 months
Rate of Interest (Fixed)	3.99%
APR REPRESENTATIVE	5.3%



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£139 DEPOSIT £139 PER MTH

On the Road Price	£10,050
Fiat Customer Saving	£1,955
Offer Price	£8,095
Customer Deposit	£139
Amount of Credit	£7,956
47 Monthly Payments	£139
Optional Final Payment (incl. £285 fee)	£2,815
Total Amount Payable by Customer	£9,487
Duration of Contract	48 months
Rate of Interest (Fixed)	5.32%
APR REPRESENTATIVE	6.5%

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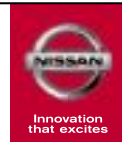
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Fuel economy figures for the Micra: Vela mpg (l/100km), Urban - 48.3 (6.1), Extra Urban - 65.7 (4.3), Combined - 56.5 (5.0), CO₂ emissions 115 g/km.

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11/11 Peugeot 3008 1.6 HDi 112 Active EGC 5dr



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13/13 Peugeot 208 1.2 VTI Active 5dr



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| <p>(11) Aston Martin Vantage 2dr 4.7 33,333 miles, 2 registered owners, FSH, Hardly, full leather Bang & Olufsen beosound audio.....£56,995</p> <p>(59) Audi A3 2.0 TDI Sport 5 dr, estate, Silver, 45,366 miles, FSH, 1 registered owner, front sports seats.....£10,995</p> <p>(12) Audi A3 1.4 TFSI Sport, 3 dr, 1 previous owner, 12,382 miles, FSH, Silver, front sport seats.....£13,995</p> <p>(11) Audi A5 2.0T FSI S Line 2dr, convertible, Metallic Grey, FSH, 1 registered owner, 45,619 miles.....£18,995</p> <p>(60) BMW 118 M Sport Convertible, 2dr, electric convertible roof, Metallic Red, 30,000 miles.....£14,695</p> <p>(57) Citroen C4 Picasso 1.6 HDi 16V VTR Plus, 5dr, blue, FSH, 70,423 miles, 2 registered owners.....£5,495</p> <p>(11) Fiat 500 0.9 TwinAir Lounge, 2dr, Dualogic, 10,995 miles, red, FSH, 2 registered owners, Automatic.....£10,695</p> <p>(12) Fiat 500 0.9 TwinAir 3dr, Sports Seats, 19,936 miles, 2 registered owners, 10,995 miles, black, FSH.....£8,495</p> <p>(12) Ford C Max 1.6 TDCi Zetec, 5DR, Metallic Brown, PAS, 24,000 miles.....£10,995</p> <p>(12) Ford Fiesta 1.25 edge 3 dr, Silver, 11,500 miles, PAS, Air conditioning.....£7,995</p> <p>(58) Ford Fiesta 1.4 Titanium 3dr, Black, FSH, Air conditioning, Bluetooth hands free system.....£6,295</p> <p>(60) Ford Focus 1.6 Zetec, Black, 5dr, FSH, 2 previous owners, 27,955 miles, sports style front seats.....£7,995</p> <p>(62) Ford Mondeo 2.0 TDCi 140 Titanium, 5dr, 1 registered owner, Grey, FSH, 20,050 miles, sport seats.....£13,295</p> <p>(08) Ford S-Max 2.2 TDCi Titanium, 5 dr, 7 seater, Automatic, diesel, FSH, 78,142 miles, 2 registered owners.....£8,495</p> <p>(10) Hyundai 110 1.2 Classic, 5dr, £30 Road Tax, red, air conditioning, 15,861 miles.....£5,495</p> <p>(12) Hyundai IX35 2.0 CRDi Premium, top of the range, 5dr, silver, 8,000 miles, FSH, 2 previous owners, sat nav.....£18,495</p> <p>(60) Hyundai IX35 2.0 CRDi Premium, top of the range, 4 x 4, 5dr, Black, 19,995 miles, FSH, 1 registered owner.....£15,295</p> <p>(60) Mazda MX-5 2.0 Great sports convertible, grey, 1 registered owner, 25,000 miles, FSH.....£12,495</p> <p>(09) Mazda 2 1.5 Sport 5 dr, silver, 42,433 miles, FSH, 2 registered owners, PAS.....£6,495</p> <p>(59) Mercedes Benz C1c Class, 180k Sport 3 dr, Automatic, Black, 2 registered owners, FSH, 30,7941 miles.....£10,995</p> | <p>(63) Mercedes Benz B180 CDI Sport Blue Efficiency Auto, Eco start, stop function, White, 2,000 miles.....£22,495</p> <p>(09) Mercedes Benz S Class S320 CDI 4 dr, Automatic, Silver, 2 registered owners, 59,300 miles, FSH.....£17,495</p> <p>(60) Nissan Juke 1.6 Visia 5dr, brilliant small SUV, white, 38,000 miles, FSH, 3 registered owners.....£9,495</p> <p>(13) Nissan NV200 1.5 DCI 89 SE 6 DR, 7 seater, Metallic Silver, Low Mileage, 5,500 miles.....£13,695</p> <p>(57) Nissan Note 1.6 Tekna 5dr, 3 registered owners, 39,087 miles, FSH, Silver.....£4,995</p> <p>(13) Peugeot 3008 1.6 HDi Allure Auto, Metallic Black, panoramic roof, cruise control, 9,000 miles.....£13,995</p> <p>(11) Peugeot 3008 1.6 HDi HDi 112 Sport 5 dr, Grey, 43,000 miles, FSH, 2 registered owners, Automatic.....£8,495</p> <p>(13) Renault Clio 1.2 16V Dynamique MediaNav, 5dr, Black, 12,000 miles, 1 registered owner, FSH.....£10,695</p> <p>(11) Renault Clio 1.6 VVT GT Line TomTom, 5dr, Automatic, 14,686 miles, 1 registered owners, FMDSH.....£7,995</p> <p>(11) Renault Clio 1.6 VVT Dynamique TomTom 5dr, Automatic, Estate, Black, 12,000 miles, 1 registered owner.....FSH £7,995</p> <p>(60) Renault Clio 1.2 16V Dynamique, TomTom, 5dr, FSH, 2 registered owners, 44,072 miles, Grey.....£6,495</p> <p>(11) Renault Grand Modus 1.6 Dynamique Auto, Metallic Gold, alloy wheels, 34,800 miles.....£5,695</p> <p>(11) Renault Grand Scenic 1.5 dCi 110 Expression, 5 dr, automatic, 7 seater, 1 registered owner, Grey, 21,300 miles.....£8,995</p> <p>(62) Renault Megane 1.5 dCi 110 Dynamique TomTom 5DR, Estate, blue, 20,427 miles, FSH, £30 road tax.....£10,995</p> <p>(11) Renault Megane 1.5 dCi 110 Dynamique TomTom 5DR, silver, 22,264 miles, 1 registered owner, FSH, £30 road tax.....£9,495</p> <p>(11) Renault Megane 1.5 dCi 110 Dynamique TomTom, 5dr, 1 registered owner, FSH, Blue, 26,667 miles.....£8,995</p> | <p>(11) Renault Wind 1.2 TCE Dynamique, 2 dr, White, 1 registered owner, 11,732 miles, FSH, air conditioning.....£7,495</p> <p>(12) Smart Fortwo CDI Passion 2dr, Softtouch Auto, Silver, one owner, panoramic glass roof, 6,969 miles.....£6,695</p> <p>(10) Suzuki Grand Vitara 2.4 VVT SZ4 3dr, Silver, 1 previous owner, 22,000 miles, immobiliser.....£8,995</p> <p>(13) Toyota Yaris 1.33 VVT-i SR, White, 3 door, Petrol, air con, rear camera, Radio/CD & MP3, 8,428 miles.....£9,995</p> <p>(62) Vauxhall Antara 2.2 CDTi SE Nav, White, 5 door, Diesel, Cruise control, Parkin sensors (front & rear), 6,600 miles.....£16,995</p> <p>(13) Vauxhall Astra 1.6i, 16V Exclusive, 5dr, 2 registered owners, 2,724 miles, FSH, Red.....£10,995</p> <p>(62) Volkswagen CC 2.0 RDI Bluemotion, tech, 4dr, DS g perfect pass at CC, White, diesel, 8,096 miles.....£18,495</p> <p>(61) Volkswagen Golf 1.6 TDI 105 BlueMotion Tech, Match 5dt, DSG Automatic, black, 2 registered owners, FSH, ONLY £20 ROAD TAX.....£12,995</p> <p>(61) Volkswagen Golf 2.0 TDI Match 5dr, 36,115 miles, silver, 2 registered owners, FSH, cruise control.....£12,495</p> <p>(61) Volkswagen Golf 2.0 TDI 140 SE 5dr, 34,000 miles, Blue, 2 registered owners, FSH, cruise control.....£12,495</p> <p>(61) Volkswagen Golf 1.6 TDI 105, Match 5dr, DSG Automatic, black, 2 registered owners, FSH, 33,000 miles.....£12,295</p> <p>(12) Volkswagen Polo 1.4 Match 5dr DSG, Silver, automatic, 14,500 miles, FSH, 1 registered owner.....£10,995</p> <p>(60) Volkswagen Touran 1.6 TDI 105 S 5dr, one owner, 7 seater, Silver, Full Dealership History, 20,769 miles.....£11,495</p> <p>(60) Volkswagen Tiguan 2.0TDI S 5dr DSG Auto 4x4, Black, 23,422 miles, FSH, 1 previous owner.....£16,995</p> |
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purple, alloy wheels, air con, remote locking, e/windows, 22,000 miles only



£4,995

2007 (07) VAUXHALL CORSA SXI AC CDTI

blue, alloy wheels, climate control, remote locking, e/windows, 54,000 miles



£5,995

2008 (08) PEUGEOT 207CC 1.6

blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, electric power hood, 23,000 miles only

Cars Arriving Daily

EXECUTIVE

2003 (52) Bentley Arnage 6.7 Twin Turbo, dark metallic green, light cream quilted leather, phone, sat nav, split rim wheels, 42,000 miles only, history, superb looking car, bargain, cost new £180,000..... **Was £39,995 Now £28,000**
 2011 (61) BMW 730 Diesel Auto, black, alloy wheels, climate control, cruise control, heated electric leather seats, Sat Nav, Parking sensors, one owner, remote locking, keyless start, 16,000 miles only, stunning..... **Was £31,995 Now £27,995**
 2009 (09) Mercedes S320 CDI Automatic, silver, AMG alloy wheels, climate control, cruise control, front & rear parking sensors, e/w, heated electric memory leather seats, sat nav, Bluetooth, stunning car, 60,000 miles..... **Was £24,995 Now £19,995**
 2004 (04) Mercedes ML350 Auto, silver, alloy wheels, climate control, Sat Nav, remote locking, e/windows, e/mirrors, heated leather seats, parking sensors, 7 seater..... **Was £7,495 Now £6,495**
 2003 (53) Jaguar XJ6 3.0 V6, blue, alloy wheels, climate control, remote locking, e/w, leather seats, parking sensors, stunning car, 73,000 miles..... **Was £6,995 Now £5,995**

SALOON & HATCHBACK

2008 (58) Nissan Qashqai 2.0, grey, alloy wheels, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 54,000 miles only..... **Was £9,995 Now £8,495**
 2008 (08) Nissan Qashqai 1.6, grey, alloy wheels, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 65,000 miles only..... **Was £8,995 Now £7,995**
 2010 (60) Renault Clio 1.6 Auto, silver, alloy wheels, air con, remote locking, e/w, leather seats, sat nav, parking sensors, cruise control, fully loaded, 31,000 miles, one owner..... **Was £7,995 Now £6,995**
 2001 (X) Mercedes S500 Limo Auto, silver, alloy wheels, climate control, e/sunroof, cruise control, front & rear parking sensors, sat nav, e/w, heated leather memory seats front & rear, all extras, 52,000 miles only..... **Was £6,995 Now £5,995**
 2010 (59) Renault Megane 1.6 Coupe, silver, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 62,000 miles only..... **Was £6,995 Now £5,995**
 2008 (58) Peugeot 308 1.6, black, alloy wheels, air con, remote locking, e/w, e/mirrors, CD player, 47,000 miles only..... **Was £6,495 Now £5,495**
 2008 (08) Nissan Note 1.6, silver, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, half leather seats, 58,000 miles..... **Was £5,995 Now £4,995**
 2008 (58) Renault Megane 1.4, gold, alloy wheels, air con, remote locking, panoramic roof, e/windows, CD player, 38,000 miles only..... **Was £5,495 Now £4,495**
 2005 (55) Vauxhall Astra 1.8 Auto, blue, alloy wheels, air con, remote locking, e/windows, 54,000 miles only..... **Was £3,995 Now £3,495**
 2003 (53) Nissan Primera 1.8, grey, air con, remote locking, e/windows, e/mirrors, CD Player, 73,000 miles..... **Was £2,995 Now £1,995**

FAMILY CARS

2008 (58) Nissan Qashqai 2.0, grey, alloy wheels, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 54,000 miles only..... **Was £9,995 Now £8,495**
 2010 (60) Renault Grand Scenic 1.5 Dci, blue, alloy wheels, air con, remote locking, e/windows, cruise control, Sat Nav, 7 seater, one owner, 45,000 miles only..... **Was £8,695 Now £7,495**
 2008 (08) Nissan Qashqai 1.6, grey, alloy wheels, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 65,000 miles only..... **Was £8,995 Now £7,995**
 2010 (10) Renault Grand Scenic 1.5dci, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, Sat Nav, CD player, 45,000 miles only, 7 seater..... **Was £8,495 Now £7,495**
 2010 (60) Renault Kangoo 1.6 Auto, silver, air con, remote locking, e/w, e/mirrors, Sat Nav, CD player, one owner, disability scooter hoist, 12,000 miles only..... **Was £7,995 Now £6,995**
 2007 (07) Ford Galaxy 1.8 TDCi, blue, remote locking, e/windows, e/mirrors, 7 seater, parking sensors, 78,000 miles only..... **Was £7,995 Now £6,995**
 2008 (58) Citroen Berlingo 1.6 HDi, red, air con, remote locking, e/windows, CD player, sliding side doors, one owner, 53,000 miles..... **Was £7,995 Now £6,995**
 2008 (08) Toyota Avensis 2.2 diesel, silver, alloy wheels, air con, remote locking, e/w, sat nav, 47,000 miles..... **Was £7,995 Now £6,995**
 2010 (10) Chevrolet Lacetti 1.6 Estate, black, alloy wheels, air con, remote locking, e/w, e/mirrors, parking sensors, one owner, 3,000 miles only..... **Was £6,995 Now £5,995**
 2008 (08) Renault Modus 1.2, silver, air con, remote locking, e/windows, e/mirrors, CD player, 20,000 miles only..... **Was £6,495 Now £5,395**
 2007 (07) Renault Scenic 1.6, gold, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 32,000 miles only..... **Was £4,995 Now £3,995**
 2004 (04) BMW 318i Touring, blue, alloy wheels, air con, remote locking, e/w, e/mirrors..... **Was £4,495 Now £2,995**
 2005 (05) Vauxhall Zafira 1.6, blue, air con, remote locking, e/windows, CD Player, 7 Seater, 60,000 miles..... **Was £3,995 Now £2,495**
 2003 (53) Nissan Primera 1.8, grey, air con, remote locking, e/windows, e/mirrors, CD Player, 73,000 miles..... **Was £2,995 Now £1,995**

AUTOMATICS

2010 (60) Renault Kangoo 1.6 Auto, silver, air con, remote locking, e/windows, e/mirrors, Sat Nav, CD player, one owner, disability scooter hoist, 12,000 miles only..... **Was £7,995 Now £6,995**
 2010 (60) Renault Clio 1.6 Auto, silver, alloy wheels, air con, remote locking, e/w, leather seats, sat nav, parking sensors, cruise control, fully loaded, 31,000 miles, one owner..... **Was £7,995 Now £6,995**
 2001 (X) Mercedes S500 Limo Auto, silver, alloy wheels, climate control, e/sunroof, cruise control, front & rear parking sensors, sat nav, e/w, heated leather memory seats front & rear, all extras, 52,000 miles only..... **Was £10,495 Now £5,995**
 2005 (55) Vauxhall Astra 1.8 Auto, blue, alloy wheels, air con, remote locking, e/windows, 54,000 miles only..... **Was £3,995 Now £3,495**
 2004 (04) Peugeot 206 1.4 Auto, silver, air con, remote locking, e/windows, e/mirrors, 42,000 miles only..... **Was £3,495 Now £2,695**

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2010 (10) Ford KA 1.2, purple, alloy wheels, air con, remote locking, e/windows, 22,000 miles only..... **Was £6,995 Now £5,995**
 2010 (10) Renault Clio 1.2 Beige, air con, remote locking, e/w, sat nav, CD Player, 27,000 miles only..... **Was £6,995 Now £5,695**
 2007 (57) Renault Clio 1.2 TCE, silver, alloy wheels, air con, remote locking, e/w, e/mirrors, CD player, one owner, 26,000 miles only..... **Was £5,995 Now £4,995**
 2007 (07) Vauxhall Corsa SXI AC CDTi, blue, alloy wheels, climate control, remote locking, e/windows, 54,000 miles..... **Was £5,995 Now £4,995**
 2008 (08) Volkswagen Polo 1.2, red, alloy wheels, air con, central locking, e/windows, CD player, 67,000 miles..... **Was £5,995 Now £4,995**
 2007 (07) Ford Fiesta 1.25, green, alloy wheels, air con, remote locking, e/w, CD player, one owner, 40,000 miles only..... **Was £5,995 Now £4,495**
 2006 (56) Nissan Micra 1.2, black, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, 40,000 miles only..... **Was £4,695 Now £3,695**
 2005 (55) Nissan Micra 1.2, red, remote locking, e/windows, CD player, 56,000 miles only, one owner..... **Was £4,495 Now £3,395**
 2008 (08) Ford KA 1.3, green, alloy wheels, air con, remote locking, e/w, e/mirrors, CD player, one owner, 22,000 miles only..... **Was £4,995 Now £3,995**
 2007 (07) Peugeot 207 1.4, black, air con, remote locking, e/windows, CD player, 38,000 miles only..... **Was £4,995 Now £3,995**
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 2006 (06) Ford Fiesta 1.25, red, remote locking, CD player, ideal first car, cheaper insurance, 65,000 miles..... **Was £4,395 Now £3,695**
 2004 (04) Peugeot 206 1.4 Auto, silver, air con, remote locking, e/windows, e/mirrors, 42,000 miles only..... **Was £3,495 Now £2,695**
 2004 (04) Nissan Micra 1.0, red, remote locking, e/windows, CD player, ideal first car, 50,000 miles..... **Was £3,495 Now £2,695**
 2004 (54) Peugeot 206 1.1, black, remote locking, e/windows, CD Player, ideal first car, 60,000 miles only..... **Was £2,995 Now £2,495**

CONVERTIBLES

2007 (07) Mazda MX-5 1.8, black, alloy wheels, remote locking, e/windows, CD player, hood, 48,000 miles..... **Was £7,695 Now £5,995**
 2008 (08) Peugeot 207cc 1.6, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, electric power hood, 23,000 miles only..... **Was £6,995 Now £5,995**
 2007 (07) Renault Megane Convertible 1.6, grey, alloy wheels, air con, remote locking, electric power hood, leather seats, cruise control, CD player, 45,000 miles only..... **Was £5,995 Now £4,995**
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 2007 (07) Ford Mondeo 1.8 TDCi, blue, alloys, air con, EML on, 154K..... £1500
 1999 (V) Toyota Avensis 1.8, red, alloys, air con, full history, 112K..... £950
 2002 (02) Renault Clio 1.6 Auto, green, sunroof, remote locking, e/w, 82K..... £850
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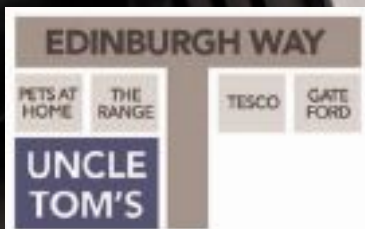
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Keefield Close in Harlow, Essex is a residential home for adults with Physical and Learning Disabilities. The aim of the service is to offer people with disabilities a home with the freedom and support to enable them to have real choice about the way they live. We are currently looking for the following staff to support our service users with daily living skills and enable them to enjoy social activities. Shift work, and weekend work will be required for these posts.

Deputy Manager:

We are looking for a full time (37.5 hr) Deputy Manager to help the Registered Manager oversee the smooth running of the home. With a fully trained staff team already in place, your role will be to continue the high level of commitment instilled into this thriving service by the senior management team. It is anticipated that you will have a minimum qualification of NVQ 3 or at least be prepared to work towards this. Shift work, weekend work and on call will be required for these posts.

**Salary: £24,445.00pa - unqualified NVQ 2
£24,697.00pa - qualified NVQ 3 or above**

Support Workers

**Salary: £7.41 hr unqualified
& £7.76 hr NVQ QCF 2
Hours: F/T 37.5 hrs pw - Bank hrs
also available**

For an application form and job description, go to our website www.livability.org.uk/jobs

For an informal chat about the positions please contact Sandra Wilson on 01279 635933 Mon - Fri between 9am and 5pm,

Livability positively welcomes applications from all sections of the community in which we work

**Closing Date: 6th June 2014
Interview Date: w.c 16th June 2014**



EXPERIENCED PROPERTY MANAGER REQUIRED

An opportunity exists for an experienced property manager at our busy Bishops Stortford Lettings office. This is a full time position from 9am to 6pm

The successful applicants skills should include, a working knowledge of Word & Windows and a general familiarity with computers.

You must have proven property management experience, preferably with ARLA qualifications and knowledge of ARLA & RICS regulations

You must be extremely organised and methodical, yet have a calm confident manner.

The ability prioritise is essential

You must have the ability to communicate effectively with all walks of life and the ability to report to your team accordingly

Local knowledge is advantageous as is a basic knowledge of property.

Applications with Curriculum Vitae to:
Joan Bull at: The Guild House, Water Lane, Bishops Stortford, Herts CM23 2LQ.
Email: jbull@mullucks.co.uk

Closing date: Monday 2nd June 2014

RV Moat House Residential and Nursing Home

Great Easton Dunmow CM6 2DL
TEL 01371 870192

Nurses: Days, Nights + Weekend shifts

**Care staff - Days Nights + Weekend shifts available
applications in by the 3rd June 2014**

Transport may be available



Bishop's Stortford College

SENIOR SCHOOL

HMC Independent Co-educational Day and Boarding 4-18 years

CHEMISTRY TEACHER

MATERNITY COVER REQUIRED FOR NOVEMBER 2014

An experienced teacher is required to join a very successful chemistry department in a lively and ambitious school. The successful candidate will have an enthusiasm for the subject and for teaching. The position is for 5 months from November 2014 and the post could be full or part time depending on the candidate. Experience of A level teaching using the AQA specification would be an advantage. In return he or she can expect a rewarding teaching experience, supportive colleagues and a salary that is above the national scale.

For further details and an application pack please visit
www.bishopsstortfordcollege.org or contact Angela Wright on
01279 838578 or hr@bishopsstortfordcollege.org

CLOSING DATE: 10th June 2014



We are an equal opportunities employer and are committed to safeguarding and promoting the welfare of children; references will be taken prior to interview and an enhanced DBS check is required.



Bishop's Stortford College

Independent Co-educational Day and Boarding 4-18 years

DATABASE ADMINISTRATOR

Required: 1st August 2014

We require someone who has experience in administering a Management Information System. Using our WCBSS PASS MIS they will maintain the data integrity and support and train users in the functionality of the system. The ability to create both academic and administrative reports, for a wide range of functions, using report writer tools is essential.

Salary of £25,300 per annum.

For an application form and further details, please visit
www.bishops-stortford-college.herts.sch.uk or contact Angela Wright on 01279 838578 or hr@bishopsstortfordcollege.org

Closing date: 27th May 2014



We are an equal opportunities employer and are committed to safeguarding and promoting the welfare of children; references will be taken prior to interview and an enhanced DBS check is required.

Child Care

After school care for 12 year old boy in Harlow/Ware.

Term days: Monday-Thursday.

School holidays: Monday-Friday.

Salary 12,500/Year.

A reliable child minder to take care of a well behaved twelve year old high functional autistic boy attending the Pinewood School in Ware is sought. The Family lives in Harlow.

Working hours 15:30-18:30 during term periods and 8:30-18:30 during school holidays. 21 days of paid holiday. Applicants must be legible for registration as a home childcare provider under Ofsted.

Current extended CRB disclosure and references from previous employers required. Duties include helping with homework and arranging activities such as swimming and gymnastics.

Please send C.V. to

childcare.harlow@googlemail.com

For more information please call 07801 270 225

after 19:00 weekdays.

Please ask for Susan.

Haileybury

Uniform Shop Manager and Uniform Shop Assistant

15 hours per week - Term time only

Perry Uniform operates the Uniform Shop on behalf of Haileybury. Perry Uniform combines the traditional manufacturing excellence on which the business was founded, with 21st century internet and school shop retail service.

Haileybury requires two polite, flexible and capable individuals to work within the Uniform Shop in this outstanding independent boarding school. The job holders will be responsible for selling school uniform, sports clothing and sports equipment to Haileybury pupils and parents. In addition, they will assist in the stock control process, liaising with suppliers and placing orders to ensure that required stock levels are maintained at all times. The successful candidates will have good organisational skills and will be computer literate (preferably with experience of MS Excel). Experience of working within a sales/retail environment is desirable.

For an application pack, please visit <http://www.haileybury.com/community/vacancies/nonacademic/> or, alternatively, please contact Human Resources, on 01992 706224.

For an informal discussion, please contact Ms Nichola Rutherford, Accountant, on 01992 706220.

Closing Date: Monday 02 June 2014.

Haileybury is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. Applicants for the above posts must be willing to undergo child protection screening, including reference checks with previous employers and a criminal record check via the Disclosure and Barring Service.

My Story

Hi, I'm Katie,

I am looking for someone to work with me,

Do you feel like you are stuck in a dead end job? Do you wake up each morning wishing it was 5.30pm already?? This was me three years ago.....

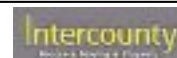
I had never considered working in the office cleaning industry and honestly didn't think I would succeed and love it as much as I do. You too may not have considered working in the cleaning industry or as I did perceive it as unglamorous, this is not the case, some of the offices we clean are spectacular and some of our clients multinationals.

Everyday is totally different; you could be in our Harlow head office or travelling to see prospective new clients throughout London, Hertfordshire, Essex and Kent.

Office cleaning is a service that every premises needs, every business needs a good reliable cleaning company. I am only seeing potential clients that are genuinely interested in our services.

Starting basic salary is £25,000 plus uncapped commission. In my first year after my initial training I earned £37,000 and well in excess of this in years two and three.

If you have not yet found a career you truly love and you would like to hear more about the opportunities within Swift Office Cleaning Services Limited please call me on 07824 639142 or send your CV to katieashwood@swiftcleaning.co.uk



FULL TIME SALES PROGRESSOR

As a sales progressor you need to be self-motivated and have a lot of energy and enthusiasm. Our aim at Intercounty is to provide a first class personal service to all our clients involved in a sale and purchase of a property and this role is a key part of this process.

Skills Required:

- Excellent communication skills
- Passion for providing customer service to the highest level
- Ability to work to tight dead lines
- Word, Excel and Outlook skills and the ability to type clear and concise notes and updates.
- The ability to handle disputes and cope under pressure
- Previous Sales Progression or conveyancing background is an advantage.

The Position will be based at our Head Office on Stansted Road, Bishops Stortford. Should you be interested in the position please send your CV to alexcoenen@intercounty.co.uk

Quality products. Quality people.

Rise to the challenge.

Store Assistants & Assistant Store Managers

HARLOW

We're looking for enthusiastic people to join us... people who share our commitment to customer service. With the confidence that comes from continuous training you'll relish every new challenge, finding that no two days are the same.

Assistant Store Managers

£21k-£27k pa subject to experience + benefits.

Does your experience already include managing and motivating or retail?

Helping to lead a first rate store team is no easy task. It depends on excellent customer service, a hands-on approach and pro-activity with an eye for detail supported by excellent people skills, determination and flexibility. However, as any Lidl Assistant Store Manager will tell you, that satisfying sense of achievement is always there, with the knowledge that the support you will get from above and below is second to none. Mentored by one of our experienced managers, you will learn about our processes for cash and inventory control, as well as developing your people management and leadership skills.

Store Assistants

Starting on £6.90-£8.10 per hour subject to experience

Previous experience will not be necessary so long as you're responsible, enthusiastic and motivated. In this fast-paced environment you'll be involved with checkout operations, customer service and stock replenishment. If you demonstrate flair, you can be sure that your skills will be spotted, supported and developed with structured training.



Success has become part of the Lidl UK culture over the past two decades, so joining Lidl UK could be one of the best decisions you ever make.

To apply online please visit:

www.lidlcareers.co.uk



www.lidl.co.uk

BLAKLEY ELECTRICS

Blakley Electrics Limited is a UK market leader in the design and manufacture of specialist power and lighting equipment. Due to impending retirement, two vacancies have arisen in the Hertfordshire (Ware) Facility:

Assembly Supervisor (Electrical)

Applicants for this hands-on role must exhibit an extensive knowledge of electrical circuits and wiring, ideally in an enclosure fit-out environment.

An excellent communicator and motivator with considerable people and problem solving skills will be required to drive this busy workshop of 10. Must be able to build strong working relationships with related departments (fabrication, test, etc)

£vcompetitive ph. 40 hour week, 8.00-4.30 Monday-Friday plus OT.

Welder

Applicants must be qualified and/or have significant experience in both MIG and TIG welding. Experience with electrical enclosures and cabinets in light gauge steel, stainless and aluminium would be an advantage. Must be able to work from engineering drawings with minimal supervision.

£vcompetitive ph. 40 hour week, 8.00-4.30 Monday-Friday plus OT.

CV and covering letter, **detailing current salary** to: Mr D A Slater, Blakley Electrics Ltd, 1 Thomas Road, Optima Park, Crayford, KENT, DA11 4GA Or fab@blakleyelectrics.co.uk

Closes 30th May 2014 **NO AGENCIES**



Clement Clarke International designs, manufactures and markets a range of respiratory products worldwide. We currently have the following vacancy available:-

Toolmaker

We are looking for an experienced Toolmaker to join our team. You will carry out various Tool Room tasks effectively and efficiently within specified time limits. You should have the ability to read engineering drawings and have experience of the manufacture of injection moulds, tools, press tools, jigs and fixtures. You should also have knowledge of materials used for tool making and mouldings. We are looking for someone with some IT skills with the ability to use their own initiative on design and problem solving.

To apply please send a full CV with covering letter, quoting your current salary to Mrs Kennedy Reed, Human Resources Manager, Clement Clarke Holdings, Edinburgh Way, Harlow, Essex CM20 2TT. Or e-mail kreed@clement-cl Clarke.com.



HOWE GREEN HOUSE SCHOOL

Great Hallingbury, Bishop's Stortford
Herts CM22 7UF

Telephone: (01279) 657706

Fax: (01279) 501333

Email: parlane.hgh@lineone.net

www.howegreenhouseschool.co.uk

Independent Co-educational Day School & Nursery
for 2 - 11 year olds

REQUIRED for SEPTEMBER 2014 AFTER SCHOOL CARE MANAGER

We are looking for a well organised, reliable, motivated and fun loving person for our very successful after school care facility.

Hours: Monday - Friday 3.30pm - 5.30pm
term time only.

Rate of pay £8.85 per hour.

Minimum qualification required NVQ 3 in Early Years Care & Education or equivalent.

Please telephone or visit our website for an application form and further details of the post. Due to the rural location of our school, applicants will need their own transport.

Closing date for applications is midday on Tuesday 3rd June.

Howe Green House is committed to the protection and safety of its pupils and therefore the successful candidate will be required to have a DBS Enhanced Check.

Howe Green House School is an equal opportunities employer.



SOLAR PV SALES REPS

1st Energy, the regions leading renewable energy company are seeking highly motivated direct sales professionals to join our rapidly expanding network of branches throughout East Anglia. Guaranteed leads daily, excellent commission rates, OTE 60k uncapped first years earnings, industry leading products, full training given.

Car and phone essential.

**Call now for an immediate interview -
08002988070**



The Bishop's Stortford High School

London Road, Bishop's Stortford, Hertfordshire CM23 3LU
Tel: 01279 868686 Fax: 01279 868687 e-mail: vacancy@tbshs.org
website: www.tbshs.org

Required for September 2014

TEACHING ASSISTANTS

HLTA - 37 hours per week for 39 weeks
Pay scale H4, actual salary £14,951

TA - 32.5 hours per week, term time only
Pay scale H3, actual salary £11,994

We are looking to appoint two Teaching Assistants to join our team in September 2014. These important positions involve supporting learning for students with a variety of individual needs across a wide range of subjects. The school is currently growing and developing this area of work and are looking for individuals with a flexible attitude and a willingness to be pro-active in supporting our endeavours.

Applicants must have a good level of literacy and numeracy, and have a genuine desire to help unlock students' learning. Effective communication skills will be essential. One post will require an HLTA (preferably English).

Application forms and further information on both posts are available from our website www.tbshs.org or from Mrs Debbie Landers at the school.

Closing date: Friday 6 June, 12pm



Schools Partnership Team Family Support Practitioner

ASPECTS would like to appoint a Family Support Practitioner to join their busy, friendly team. This is an exciting opportunity for a passionate candidate to broaden their skills and gain valuable professional experience with our dedicated team.

ASPECTS work closely with the Children's Centres and is committed to providing support to families with children aged 0-19 who attend one of our partner schools.

Job Purpose:

To provide support to families facing challenging circumstances
Engage parents in their children's development and wellbeing
Contribute to the effective and efficient delivery of information
Remove barriers to learning.

Pay scale: H5, 37 hours per week (hours may be negotiable)

Start date: as soon as possible

Applications closing date: 4pm, 28th May 2014

Interviews: TBC

Application forms are available from sarahfox@thorngrove.herts.sch.uk

or please contact Philippa Roy-Chowdhury for further details 01279 653002



CAREMARK EAST HERTFORDSHIRE

Due to the rapid growth of our company we are looking to recruit staff who want to make a difference to people's lives and have a passion to care for others.

We require Care Support Workers, Senior Carers & Live-in carers to work in the following areas:

Harlow, Sawbridgeworth, Bishops Stortford, Hertford, Buntingford, Puckeridge & other surrounding villages.

We can offer:

Residential or Domiciliary Care

40 hours + or hours to suit, Minimum of £8.00 per hour weekday, enhanced weekend pay, Mileage paid, Free uniform, Ongoing training & Support given, Opportunity to study QCF & and management team that appreciates their staff. No experience required as full training given.

**If you would like to join our Fantastic team please call
01279-600675**

EXPANDING NURSERY GROUP

near Harlow has a vacancy for a **Nursery Nurse, Apprentice, Cook (training provided), Deputy Manager (part time & full time positions available)**. To apply contact 01279 600966 or n.jobs@aol.co.uk

Hallmark Cards require a

P/T MERCHANDISER

in the Bishops Stortford & Great Dunmow area for 7hrs a week.

Please send C.V. to shella.curwood@hallmark.com

FIELD SALES

Hard working, enthusiastic, reliable people required.

OTE £1,500 pcm
Immediate starts for the right candidate

Please call
07956364034

www.jobsnow.co.uk



Electronics Engineer – New Graduate

Simmtronic is a market leader in advanced lighting controls delivering its systems to prestigious commercial office developments in central London and surrounding areas.

We are looking to recruit a new graduate engineer to join our existing team. This is an ideal opportunity to gain general electronic engineering experience in a dynamic environment.

Simmtronic produces a wide range of lighting control products which incorporate technologies such as switch mode power supplies, linear power control, signal processing, digital serial communications and microcontrollers. An interest in and aptitude for analogue circuits would be beneficial.

A starting salary of £27K is available for this position.

Applications in writing with CV to Alison Hosmer
Simmtronic Ltd, Waterside,
Charlton Mead Lane, Hoddesdon EN11 0QR
Alternatively email to alison.hosmer@simmtronic.com



Barista for our new 6th Form Café within the school, opening Sept '14.
 12.30pm to 3pm, 12.5 hours per week.
 Approx gross monthly pay £324.60 for 12 months.
 No experience is necessary as full training will be provided.

2 x Catering Assistants

Working as part of a large busy team, providing a professional and friendly service in our Dining Room at lunchtime. 11.45am to 1.45pm. 10 hours per week.
 Approx gross monthly pay £240 for 12 months.

Catering Assistant

This position will be required to prepare fresh salads daily to a high standard for our Dining Room Salad Bar and others outlets in the school.
 8.30am to 1.15pm. 22.5 hours per week.
 Approx gross monthly pay £560 for 12 months.

All positions are Monday-Friday term time only + 3 cleaning days during the school holidays.

Closing date 12 noon Wednesday 4th June 2014. Interviews will take place on Friday 13th June. Please apply by sending a letter and completed application form, which can be found on our website or by contacting Jane Johnson on 01279 836633. Leventhorpe is committed to safeguarding and promoting the welfare of young people, and expects all staff and volunteers to share this commitment. A DBS disclosure is required for all successful applicants. Leventhorpe, Cambridge Road, Sawbridgeworth, Herts CM21 9BY
 Email: education@leventhorpe.net Web: www.leventhorpe.net



FULL TIME ADMINISTRATOR

required for busy expanding gas utility company
 You should be proficient in Microsoft packages and be a good communicator

Knowledge of the New Roads and Streetworks (NRSWA) & Traffic Management Act would be an advantage but not essential

A minimum of 5 GCSEs
 (including English and Maths)

Own transport vital due to office location,
 Apply in writing to EPL&R, Unit 3, Netherfield Lane, Stanstead Abbots, Herts SG12 8HE
 Or by e mail to info@expresspipe.co.uk



WAREHOUSE ASSISTANT

A busy local company in Bishops Stortford requires a full time Warehouse ASSISTANT with some basic joinery skills and ability to use wood machinery.

Please send all CV's to marilyn@ajk-woodflooring.co.uk

2 RECEPTIONISTS

required to work in a busy but friendly Doctors Surgery.

Applicants must have excellent inter-personal skills and telephone manner.

Morning vacancy - 20 hrs pw on a flexible working contract with core hours on Monday, Tuesday, Thursday & Friday.

Afternoon vacancy - 17 hrs pw on a flexible contract with core hours each day. Both roles involve working occasional Wednesday evenings & Saturday mornings.

Please send in a C.V. together with a hand written letter indicating which vacancy you are applying for to:-
Practice Manager, Church Street Partnership,
30a Church Street, Bishops Stortford, Herts CM23 2LY
Closing date for applications: Friday 30th May

PAINTER DECORATOR / HANDYMAN

Required for full time position mon-fri, immediate start.
 Must hold full driving license. Pay negotiable.
 Please enquire in first instance to First Signs and Labels Ltd
01279 467999

COOK REQUIRED

for our busy kitchen
 Applicant must be hardworking, flexible and enjoy a challenge.
 Please contact
Mark or Nicole
 for more information
01279 422667



HOWE GREEN HOUSE SCHOOL
 Great Hallingbury, Bishop's Stortford
 Herts CM22 7UF
 Telephone: (01279) 657706
 Fax: (01279) 501333
 Email: parlane.hgh@lineone.net
www.howegreenhouseschool.co.uk

Independent Co-educational Day School for 2 - 11 year olds

REQUIRED for SEPTEMBER 2014 ACORNS NURSERY ASSISTANTS

To work part-time with 2 - 3 year old children.

Monday - Friday, hours to be agreed, term time only.

We are looking for caring, flexible, fun loving people to join our Nursery Team

Hourly rate of pay dependent upon qualifications and relevant experience.

Minimum qualification required NVQ 2 in Childcare & Education although NVQ 3 would be preferred.

Please telephone or visit our website for an application form and further details of the post.

Due to the rural location of our school, applicants will need their own transport.

Closing date for applications is midday on Tuesday 3rd June.

Howe Green House is committed to the protection and safety of its pupils and therefore the successful candidate will be asked to apply for a DBS Enhanced Disclosure.

Howe Green House School is an equal opportunities employer.

STEVENAGE: 26-27 JULY & 18-19 OCT. HARLOW: 4-5 JUNE LUTON: 31 MAY - 1 JUNE

Learn how to take blood TRAIN AS A PHLEBOTOMIST

Introduction to Phlebotomy TWO DAY COURSES

NATIONALLY RECOGNISED & ACCREDITED CERTIFICATE

HIGH DEMAND IN HOSPITALS, G.P. SURGERIES, COMMUNITY, PRIVATE SECTOR, MILITARY, ETC.

www.geopace.com

No previous qualifications required

Birchwood High School
 Parsonage Lane,
 Bishop's Stortford CM23 5BD
 Headteacher: Dr Chris Ingate

Caretaker
 37 hours per week - Salary £14,428

We are looking for a reliable and hardworking individual to join our Facilities Team. Hours will include two shifts alternating each week (currently 8.30 am to 4.30 pm and 12.00 noon to 8.00 pm). In addition there is occasionally the need to cover weekends (paid as overtime).

Responsibilities include: security, portage, cleaning, liaising with contractors and general grounds and buildings maintenance.

You will need to be flexible, have the ability to work on your own initiative, as well as part of a team, and be willing to undertake new tasks if required. Training will be given where necessary and there may be career progression for the successful person.

Closing date for applications: 20 June.
Interviews to be held week commencing 30 June.

Assistant Cook
Required for our 5 Star Café

£7.40 per hour
 7.30 am to 2.30 pm Monday to Friday
 (Term time only, plus three days during the school holidays)

We are seeking an experienced and enthusiastic person who shares our passion for great cuisine. Tasks include preparing, cooking and serving freshly made food and other general kitchen duties. Good communication skills, a hardworking ethic and excellent time-management skills are essential.

Closing date for applications: Friday 6 June.
Interviews to be held week commencing 9 June.

To download an application pack please visit our website www.birchwoodonline.co.uk
 email recruitment@birchwoodhigh.org.uk
 or call the school. Tel: 01279 655936 (Please note the school will be closed for the week commencing 26 May).

These posts are subject to enhanced DBS clearance, references, medical health clearance and a probationary period.

www.birchwoodonline.co.uk



ASSISTANT SHOP MANAGER

Part Time: 6 hours on Sunday, plus 4 hours per month.

Based at our Bishops Stortford Book Shop, the role of assistant manager is to support the shop manager in running a professional charity outlet by providing the highest level of customer service. The successful applicant will have retail experience although full training will be provided for the right applicant.

Closing date: 31 May 2014

For full information, job description & application form, please visit:

www.stclarehospice.org.uk/recruitment.html

No agencies please.

Registered Charity No. 1063631



ACTIVE SECURITY GROUP LTD

Requires a

FULL TIME SALES ADMIN/W.P. OPERATOR

Applicants should be skilled in WP Operation, fully conversant with Windows, be able to learn the company's software programmes and have a friendly disposition. A good telephone manner is important to be able to speak to clients and internal staff in a clear manner.

Hours 9am to 5pm

The position would suit an enthusiastic individual who can work as part of a team in a lively dynamic environment.

For an application form, please telephone

01279 420016

9.30am-5pm Monday-Friday

PAYROLL ADMINISTRATOR

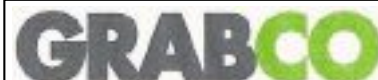
Bishop's Stortford based Chartered Accountants require an experienced payroll administrator to deal with the operation of payrolls and RTI submissions on behalf of clients.

The successful candidate will possess a sound knowledge of PAYE and dealing with statutory payments. Experience of IRIS PAYEMASTER would be useful although not essential.

Salary negotiable according to experience.
 Flexible / part time working hours may be arranged.

Please apply in writing enclosing CV to:

Peter Morris, Morris Wheeler & Co,
 26 Church Street, Bishop's Stortford, Herts, CM23 2LY
peter@morris-wheeler.co.uk



Class 2 LGV Driver with Tipper/Grab Experience

Muck away and aggregate supply company based in Sawbridgeworth, Herts. requires an experienced tipper/grab lorry driver who is familiar epsilon/HMF controls.

3 years' experience ideally in the muck away industry. Good time keeping and excellent customer service skills are a necessity.

Candidates must have a digicard and have completed driver CPC training. Competitive rate of pay. Immediate Start.

Please call 01279 600578

or email your CV to accounts@grabco.co.uk

W. E. MARSON

Laboratory Furniture Manufacturers
 Require

EXPERIENCED MACHINIST

CNC KNOWLEDGE PREFERRED

PHONE 01279 451288

**LEGAL SECRETARY
REQUIRED**

We require an experienced legal secretary with excellent IT, communication and interpersonal skills for our litigation/family department. Salary negotiable. Please send cv and covering letter to k.court@duffield-harrison.co.uk

PAINTERS REQUIRED.

Experienced in new build work, with a very high standard. CSCS cards essential. Any supervisor qualifications a benefit. **Please call 07852 938589.**

**NEWSPAPER
DELIVERER**

Reliable driver required now 5am Start, 7 Days a week Good rate of pay
Tel: 07957 990426 01279 739357

£400-600 p/t. Delivering and collecting catalogues. Flexible hours Immediate start. 0203 3550126

**Office-based
Sales Executive**

Exciting opportunity in Bishop's Stortford, selling advertising. Experience preferred but not essential. Good salary/commission. Tel Robert Coe 01279 306159 or email rob@findtheneedle.co.uk

DIGGER DRIVER 360 up to 14 tonne. All local work, permanent position. Essex/Herts border. Tel. 07836 541115 / 07880 728928

**Experienced Dental Nurse/
Receptionist Urgently
Required**

Minimum 5 years experience. Immediate start available.
Call **01279 434677**
Send CV to: info@mulberrydentalclinic.co.uk

**EXPERIENCED
PART-TIME
BARBER
required,**

Harlow area.
Call Lee on **01279 427034**

HODDESDON based Aquatic products distributor requires a Person for Warehouse & Computer sales.
Mon-Thurs 9.00am to 5.00pm.
Send CV to: info@itcaquatics.co.uk or call 01992 466500

DOMESTIC CLEANERS Required. Full / Part time. Own car. CHESHUNT/HERTFORD AREAS. £6.50 Per hour. 01992 625844

EXPANDING Sameday Courier Company looking for OWNER VAN DRIVERS. 01279 414441

Please mention the **Star** when replying to these adverts

www.jobsnow.co.uk

www.jobsnow.co.uk

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6 West Gate,
Harlow, Essex.
CM20 1JW.

FOR THE FAMILY

Visit www.thisisads.co.uk or call 0844 4068 676

**Nannies, Childminders
& Babysitters**

MY NAME IS CLAIRE I'm a Registered Childminder in Sawbridgeworth. Available Mon-Fri from the 14th July. I charge £5 per hour, including snacks and lunch. Also available for school pick-ups. Please call 07850 938336

Bicycles & Accessories

GIANT Rapid 3 hybrid bike M/L frame, VGC. Cost £600 new (May 2012, receipt available). Will include lights, mudguards, floor pump, tools etc. Pick up Hoddesdon EN11. £220 Tel: 07472 730551

MOUNTAIN BIKE TRAKATAR PROFESSIONAL. 15 speed Shimano Gears. 22 inch wheels. (Like new condition) £45 ono. Private. Harlow 01279 423054

LADIES MOUNTAIN BIKE Small, 15" frame, but top spec £250 Tel: 07752 904768 07752 904768

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PUBLIC NOTICES

Please call 0844 4068 676

Public Notices

Town and Country Planning (Development Management Procedure) (England) Order 2010 (as amended)

NOTICE UNDER ARTICLE 34 OF PROPOSAL FOR REVISIONS TO CONDITIONS OF LOCAL DEVELOPMENT ORDERS GRANTING PLANNING PERMISSION

London Road North, London Road South and Templefields North East Enterprise Zone sites

Notice is given that Harlow Council proposes to make revisions to conditions of the London Road South, London Road North and Templefields North East Local Development Orders.

In 2013, the Council consulted on and adopted three Local Development Orders (LDOs), known as London Road North LDO, London Road South LDO and Templefields North East LDO. The LDOs grant planning permission for certain forms of development on the Enterprise Zone sites if the proposals were in line with the requirements set out in the Orders and accompanying documents.

At that time assumptions were made on how the Enterprise Zones would be implemented. Since adoption it has been identified that phasing of the developments could aid implementation. It is proposed therefore to amend the relevant conditions of all three LDOs to enable phased implementation and to combine London Road North LDO's two conditions relating to the relocation of Maypole Sports provision.

From 27 May 2014, the revised Conditions for the LDO and accompanying Schedule of Changes will be available for inspection at the Harlow Council Civic Centre and in Harlow libraries during normal opening hours. They will also be available to download, along with supporting technical documents, from the Council website at <http://www.harlow.gov.uk/harlowLDO>

Public consultation

The Council is carrying out a public consultation on the proposed revisions to the LDO Conditions between **27 May 2014 and 23 June 2014**. If you wish to make any response to the proposed amendments, please email your comments to harlowLDO@harlow.gov.uk or write to the Council at LDO Consultation, Forward Planning, Harlow Council Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG.

All responses must be received by 16.00 on 23 June 2014.

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TOWN AND COUNTRY PLANNING ACT 1990 PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990

Planning (Listed Buildings and Conservation Areas) Regulations 1990

Town and Country Planning (Development Plans and Consultation) Directions 1992

PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG on Monday-Friday, 9am-4.45pm. If you are unable to view the plans during these times, please telephone Planning Services on (01279) 446856 where a suitable appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application No	Application Type	Location	Proposal	Reason for Advert
HW/TP/14/10026	Tree Works in Conservation Area	Rushley, Mill Lane, Harlow, CM17 0LN	Beech tree – reduction up to 2.5m in height and 2m from crown spread; lowest limbs to be reduced by 1.5m	Tree Works within a Conservation Area
HW/TP/14/10027	Tree Works in Conservation Area	45 Mulberry Green, Harlow, CM17 0EY	Horse chestnut in rear garden – removal of overhanging branch	Tree Works within a Conservation Area

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Public Notices

Essex County Council

(Church Lane, Sheering) (Temporary Prohibition of Traffic) Order 2014

Notice is hereby given that the Essex County Council has made the above Order under section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Church Lane, Sheering in the District of Epping Forest, from a point 160 metres south of its junction with B183 The Street, south for a distance of approximately 50 metres.

The closure is scheduled to commence on 24 May 2014 for 2 days or where appropriate signs are showing and weather permitting.

The closure is required for the safety of the public and workforce while works for a new gas service is undertaken.

The alternative route will be via Church Lane – Harlow Road – Matching Tye Road – Downhall Road – Matching Road – B183 Sheering Road – B183 The Street – Church Lane and vice versa.

Access for emergency service vehicles and pedestrians will be maintained at all times during the closure.

The Order will come into effect on 24 May 2014 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

(Rookery Lane, Wendens Ambo) (Temporary Prohibition of Traffic) Order 2013

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Rookery Lane, Wendens Ambo in the District of Uttlesford, from its junction with Duck Street to its junction with the B1383 London Road, a distance of approximately 1150 metres.

The closure is scheduled to commence on 4 June 2014 for 4 weeks or where appropriate signs are showing and weather permitting.

The closure is required for the safety of the public and workforce while water main replacement works are undertaken.

The alternative route will be via Rookery Lane – Duck Street – B1039 Station Road – Mutton Hill – B1383 London Road – Rookery Lane and vice versa.

Access for emergency service vehicles and pedestrians will be maintained at all times during the closure.

The Order will come into effect on 4 June 2014 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

(Wicken Road & Poore Street, Arkesden & Wicken Bonhunt) (Temporary Prohibition of Traffic) Order 2014

Notice is hereby given that the Essex County Council has made the above Order under section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Wicken Road/Poore Street, Arkesden & Wicken Bonhunt between its junctions with Clatterbury Lane and the B1038.

The closure is scheduled to commence on 24 May 2014 for 1 week, or where appropriate signs are showing and weather permitting.

The closure is required for the safety of the public and workforce to facilitate the installation of a water main.

An alternative route is available via Clatterbury Lane, B1038 and vice versa.

Access for emergency service vehicles and pedestrians will be maintained at all times during the closure.

The Order will come into effect on 24 May 2014 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Liz Burr, Head of Network Management, County Hall, Chelmsford.

Dated: 22 May 2014

Public Notices

Essex County Council

(The Downs, Harlow) (Temporary Prohibition of Traffic) Order 2014

Notice is hereby given that the Essex County Council has made the above Order under section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of The Downs in the District of Harlow, from its junction with Manston Road, west for a distance of approximately 30 metres.

The closure is scheduled to commence on 29 May 2014 for 5 days or where appropriate signs are showing and weather permitting.

The closure is required for the safety of the public and workforce while works for a new electricity connection are undertaken.

The alternative route will be via The Downs – Maddox Road – Manston Road and vice versa.

Access for emergency service vehicles and pedestrians will be maintained at all times during the closure.

The Order will come into effect on 29 May 2014 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Dated: 22 May 2014

Liz Burr, Head of Network Management, County Hall, Chelmsford.

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Hertfordshire County Council
PLANNING NOTICE
TOWN AND COUNTRY PLANNING ACT 1990 SECTION 65
NOTICE OF APPLICATION FOR PLANNING PERMISSION
TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE ORDER 2010)
NOTICE UNDER ARTICLE 13

NOTICE IS HEREBY GIVEN that an application under Regulation 3 of the Town and Country Planning General Regulations 1992 has been made by Hertfordshire County Council for planning permission for Application for the installation of a single modular classroom for a temporary period of seven years, relocation of timber structure, additional hard play and 2 new car parking spaces at Mandeville Primary School, West Road, Sawbridgeworth, Hertfordshire CM21 0BL.

Members of the public may inspect copies of the application (the application form, the plans and other documents submitted with it) at the Environment Department, County Hall, Pegg Lane, Hertford, SG13 8DN, and East Herts District Council, Wallfields, Hertford, Hertfordshire, SG13 8EQ, during normal office hours.

Anyone who wishes to make representation about this application should write to Spatial and Land Use Planning, CHN216, Environment Department, County Hall, Pegg Lane, Hertford SG13 8DN, or email spatial.planning@hertfordshire.gov.uk, within 21 days from the date of this Notice, i.e. by Thursday 12th June 2014. Any representations received will be treated as a matter of public record and so will be available for public inspection and copying.

Failure to meet the deadlines specified above may jeopardise the chances of any comments being considered in determination of the application. Only remarks relating to planning considerations will be taken into account in reaching a decision.

Please Note: This application proposes development within the Green Belt and as such may be considered a departure from the Development Plan.

Date: Thursday 22nd May 2014
John Wood, Chief Executive
& Director of Environment
County Hall, Hertford, Herts SG13 8DN

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SPORT IN BRIEF

RUNNING: Sean Flynn completed the Riga Marathon on the Baltic Sea coast in Latvia in 296th place out of 1,226 finishers in a personal best time for the distance of 3 hours, 37 minutes and 29 seconds.

Meanwhile, his Harlow Running Club were fourth in the first race of four Herts/Essex Midweek Road Race League division two events in Bishop's Stortford over a hilly multi-terrain 10K course. North Herts Road Runners won. Harlow ladies were third, while the HRC men were fourth.

Louise Tankard won the ladies race out of 92 finishers in a fantastic 40.42 on her debut race for HRC.

She was followed home by Julia Gardiner (third in 41.45) and Sharon Wright (7th in 43.28).

Lyndon Cooper was first Harlow runner in fifth place (34.24) out of 165. He was followed by Rob Lowe (14th in 36.34), Jamie Jephcott (21st in 37.09) and John Tennant (61st and third vet 60 in 41.16). (More running copy at www.harlowstar.co.uk).

DARTS: In the Harlow & District Premier Darts League, Harlow Town CC B team won the Threes Knockout.

HTCC (Jay Nottage, James Jennings, Ron Yates) won 2-0 against Tye Green Foxes A (Sandy Grant, Phil Cox, Ritchie Barnard) in the final.

Selected results:- Quarter-finals: Paringdon Lions A 2, Sawbo Brewery C 1; Tye Green Foxes A 2, White Admiral B 1; Harlow Town CC B 2, Colt Hatch B 1; Servo Link A 0, White Admiral A 2. Semi-finals: Foxes 2, Paringdon Lions A 0; Harlow Town CC B 2, White Admiral A 0.

HARLOW & DISTRICT FOOTBALL LEAGUE RESULTS: Prem div: EKB 1 (Callum Minihane), Risden Wood 4 (Jamie Morley, Mark Robinson, Liam Forshaw, Antonio Dicarlo); Old Town 1 (Lewis Deamer), Maiden 6 (Reece Dobson 2, Ricardo Remi 2, Michael Kennedy, Daryl Dobson); Paringdon Lion 12 (James Thomas 4, Dean McAteer 3, Kerry Walton 2, Stuart Grieves 2, Justin Cockman), Parsloe 0. Div one: EKB Res 2 (Ian Hockett 2), FC Cincuenta 2 (Jack Knight, Ryan Williams); FC Cincuenta 2, EKB Res 0; Old Town Res 0, Risden Wood Res 4 (James Richardson 2, Joe Fisher, James Thomas). Div three: Three Shoes 0, Risden Wood (B) 17 (Josh Lintonbon 7, Luke Adams 2, Danny Goddleman 2, Carl Blackman, Jamie Blackman, Paul Corby, Aaron Flack, Lewis Lockwood, Steve Goddleman); A&A 2, Maypole Sports 8 (Ash Alderson 6, Gareth Walsh, Daniel Wright); Harlow Link 0, Risden Wood (B) 0; Risden Wood (B) 0, Harlow Link 2 (Jake Holloway, Sam Carter); Harlow Police 6 (Garry Spinks 2, Gavin Brooke, Keiran Burt, Jack Etheridge, Jason Hardy), Broadley Common 0. Div four: FC Flare (A) 5 (Adam Searing 2, Keiran Buckley, Marc Howe, Reece Webb), Kryptonite 1 (Jack Starkey); Grove and Hove 6 (Damian Rawlinson 2, Martin Day, Kenny Mann, Darren Moss, Daniel Pullen), Harberts (B) 4.

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STAR MAN: Alex Read, seen here scoring against Heybridge in the play-off semi-final, picked up two awards at the club's presentation night (Pic: Vikki Lince)

Read doubles up with Hawks awards

THERE were not too many surprises as 52-goal club record-breaker Alex Read picked up the silverware at Harlow Town FC's annual presentation night.

Read smashed the 44-goal record set by Jeff Wood in the 1988-89 season as he led the Hawks to the Ryman League division one north play-off final.

Hawks fans Paul Legas and Ray Trowsdale presented the Supporters' Player of the Year award to Read, who claimed nearly half of the votes.

Read (25) was also presented with the Golden Boot for his record breaking tally of goals this season, club chairman John Barnett presented him with this award.

The Club Person of the Year award was presented by secretary Ray Dyer to club photographer Heather Square for her pictures over the last season.

Club president Ron Bruce pre-

sented the President's Cup to Dyer for his hard work.

Danny Chapman presented his Manager's Player of the Year award to talented young centre-half Josh Urquhart.

Club captain Darren Blewitt presented the Players' Player of the Year award to left-back Layne Eadie.

Meanwhile, the Hawks' first 2014-15 friendly is at home on Saturday July 12 against Essex Senior League side Enfield 1893.

A week later on Saturday July 19 they entertain Ryman premier side Enfield Town at home.

On Tuesday July 22, Chapman's men travel to Essex Senior League side Haringey Borough and on Tuesday July 29, the Hawks are at home to Conference South side Concord Rangers.

On Saturday July 26, Harlow will host newly-promoted Conference South side St Albans.

New boy Holland flattens Fleet as Town start in style

HARLOW Town's Shepherd Neame Essex League division three campaign got off to a flyer on Saturday.

Debutants Neil Gladwin (31 not out) and Joe Holland (81 not out) shone as they declared on a massive 292-3 to beat Benfleet (159) by 133 runs.

Having been inserted, they made a super start putting on 106 for the first wicket before Pat Yates was dismissed playing a poor shot.

Shiraz Ali's rapid 72 came partly in a 74-run stand with Holland, who ruthlessly dispatched anything short.

Ramya Upadhyay (29) assisted in raising the run rate before a late flourish from Gladwin enabled Town skipper Ashley Alderson to declare after

50 overs.

A good stand of 74 from Whitborn (35) and Blowes (48) gave Benfleet brief hope.

Ramya Upadhyay (4-24) and Ronnie Yates (2-43) bowled well in tandem.

Ashley Alderson (2-33) and Dan Calver (1-17) wrapped up the victory with six overs to spare, sealing a maximum 25 points.

Alderson said: "It was a really strong performance from the whole team, we out batted, out fielded and out bowled our opposition and you cannot ask for much more as a skipper. The experience we have added to the team is already having the desired effect. This time last year we may

have struggled to win this game but there was a really positive buzz out in the middle and real belief that the win was there for the taking. Neil and Joe were a great help and whilst we will undoubtedly face much tougher opposition this year it was a very encouraging performance."

Harlow Town's second team (99-4) secured an easy victory against Benfleet twos (98 all out).

Rowell (6-26) and Graeme Eversden (3-21) ensured Benfleet were crushed.

In reply, a mini collapse saw three wickets fall before Tim Poulter (20 not out) and skipper Jason Gladwin (13 not out) steered the team home to earn a comfortable six-wicket win

with much time to spare.

Dan Baldwin top scored for the Townies with 32.

The third team scored 127-9 as they just defeated Old Southendians III (126) by one wicket.

Daniel Dewey and Nick Teale picked up three wickets each for Town.

In response, Town were 118-8 and in a mess but Teale held the tail together with Paul Morrell for back-to-back wins.

HTCC's fourth XI (199) drew with Old Southendians V (196-8)

Aaron Simpson (50) and Paul Smith (78) played well. Smith's superb all-round performance included bowling figures of 3-39.

Russian linesman required as Alemite lose first ever cup final

A RUSSIAN linesman was needed as Alemite Athletic U-12s narrowly lost their first ever cup final since launching six years ago.

The Harlow side were 1-0 down with seven minutes to go in the Mid-Herts Rural Minors Youth Football League Emerald Cup final at Barnet's FC's plush The Hive ground on Sunday, when Ikram Abou's shot hit the bar and bounced on the goalline before being cleared.

England were famously awarded a goal by a Russian linesman when Geoff Hurst's shot bounced on the line to help win the 1966 World Cup against West Germany.

Alemite had lost three cup semi-finals before reaching their first final.

It completed a memorable first season in the Mid-Herts League as they had been promoted twice.

The score was goalless at half-time after two excellent saves from Alemite keeper Dillon Osei.

Opponents Welwyn Pegasus had also struck the bar.

But the Hertfordshire side took the lead 10 minutes into the second half when they scrambled the ball home from a corner.

Alemite went close through Archie Simkins when his shot forced a brilliant save from the Pegasus keeper.

After Abou's effort hit the bar,



GREAT EFFORT: Alemite Athletic U-12s played in their first ever cup final when they contested the Mid-Herts Rural Minors League Emerald Cup final at Barnet FC's The Hive on Sunday

(s)

Pegasus scored with the last kick of the game to win 2-0 as Alemite pushed everyone up in a desperate search for an equaliser.

Alemite co-manager Roly Simkins said: "Welwyn have been in the premier division for three seasons and we've only been in this division

this season."

Alemite co-manager Ken Cochrane added: "The boys did really well and we're really proud of them. Next season they will be hungry and want to go one better and win a final."

ALEMITE ATH U-12s: Dillon Osei, Harry Knifton, Callum Wright, Ryan Edwards,

Matthew Barnard, Alamin Kazeem, Ikram Abou, Sydney Kavanagh, Jake Dickson, Josh Scott, Josh Bulled, Fraser Cochrane, Archie Simkins.

● ALEMITE Athletic U-12s are searching for a sponsor to help with kit and training costs. If you can help email cochrane.k@virginmedia.com

Plenty of Eastern promise as young stars hit top form

DESPITE difficult conditions, Harlow Athletic Club's young team put in some good performances in the latest round of the Eastern Young Athletes League, held at Luton.

In the U-13 age group, Zoe Rutter and Charlotte Pratt were third and fifth respectively in the A and B 1,500m, with both athletes clocking times close to existing personal bests (PBs).

There was a welcome debut for Deane Beavis, who threw an encouraging 14.34m for third place in the A javelin.

In the middle distance events James Murphy took second in the 800m and Kai Boggan third in the 1,500m.

Caitlin Griffin took a share of third in the U-15 high jump with a leap of 1.25m.

Lottie Rowedder managed a creditable fourth in the U-15 1,500m.

In the boys' events, Jordan Sheridan took fourth in the long jump and Kieran Bull enjoyed a good day in the throwing events; taking third in the javelin (26.43m) and fourth in the discus (25.20m), achieving PBs in the process.

The strongest group was the U-17s: Naomi Harryman won all three of her events, the pick of which was a massive PB in the long jump which she has now extended to 5.68m.

Ellie Williams picked up third in the A discus (21.65m) and Rachel Kyobe won the B event (15.66m).

Will Marklew threw 48.66m to win the A javelin.

Harry Woodall equalled his 200m PB (24.2s), a remarkable time as he was running into the home straight and into a strong headwind.

Dylan Ellis and Mohamed Tamedou won the A and B 100m races with times that made them the two fastest on the day overall.

Afterwards coach Steve Lott said: "It was a lower than desired turnout with exam revision and other events rightly taking precedence.

"Although we didn't compete on the scoreboard, the athletes who turned out certainly did on the track.

"This is really what youth league athletics is all about for a club of our size. Today, athletes from five coaching groups were competing and the proof of their hard work was there to see.

"I am very grateful for their effort and the opportunities they are giving to Harlow's young people." Eastern Young Athletes League results for HAC:- U-13 girls: Charlotte Pratt, 1,500m 5:53.8. Zoe Rutter, 1,500m 5:56.6. U-15 girls: Marianna Christoffi, 200m 34.0s, long jump 3.13m. Megan Reid, 200m 34.9s, long jump 2.87m. Caitlin Griffin, high jump 1.25m, 800m 2:54.2. U-17 girls: Naomi Harryman, high jump 1.65m, long jump 5.68m, 80m hurdles 12.5s. Ellie Williams, discus 21.65m, javelin 19.58m. Rachel Kyobe, discus 15.66m, shot put 6.34m. U-13 boys: Deane Beavis, 800m 3:20.4, 100m 19.2s, javelin 14.34m. James Murphy, 800m 2:30.7, long jump 3.89m. Kai Boggan, 1,500m 5:22.9. U-15 boys: Jordan Sheridan, long jump 4.8m. Owen Harknett, 300m 47.2s, 800m 2:33.7, 100m 15.3s. Lewis Harknett, 100m 13.5s, 1,500m 4:57.2, long jump 3.75m. Kieran Bull, discus 25.2m, javelin 26.43m, 200m 35.2s. U-17 boys: Dylan Ellis, 100m 11.8s. Mohamed Tamedou, 100m 12.0s. Harry Woodall, 200m 24.2s. Adam Defoe, 200m 27.4s. Will Marklew, javelin 48.66m; Ashley Rich, 100m 13.1s; Corey Harrison 100m 13.5s.

Paxmans multi task again as Harlow show summit special

HARLOW Athletic Club were second in the second round of the Soleus Southern Men's League at North London's Lee Valley Athletics Centre.

Harlow might have been second on the day by a single point but are now ahead in the division one east table.

This was no small achievement as only eight athletes were available.

With no restriction on the number of events for men, the Paxman twins, Carl and Glen, covered an incredible 19 individual events between them; with Glen competing in 11, winning four and scoring a PB in the 400m hurdles. Carl took part in eight events, winning two.

Whilst not covering as many events, Liam Mistry took on his own feat of endurance by running the

800m, 1,500m and 5,000m.

Craig Snook took on the pole vault in addition to his favoured javelin.

Jack Reed returned from injury to double up in the 200m and 400m.

Dave Bauer and Chris Clark covered as many of the throws as possible and Ral Onyema made his debut for the team and acquitted himself well in the high jump with a PB, as well as a good showing in the 200m.

HAC coach Steve Lott said: "The men's team performed strongly and the Paxmans' example spurred everybody on to do more."

Soleus Southern Men's League results: Glen Paxman, 100m B 11.8s; 400m A 53.4s; 110m hurdles A 20.8s; 400m hurdles A 60.3s; 3,000m steeplechase A 13:15.4;

high jump B 1.60m; pole vault A 2.60m; long jump B 5.85m; triple jump A 12.31m; shot put B 10.03m; javelin B 33.24m.

Carl Paxman, long jump A 5.96m; triple jump B 11.32m; 400m hurdles 73.2s; 110m hurdles B 23.7s; 5,000m B 20:39.7; 1,500m B 5:30.0; 800m B 2:42.2.

Ral Onyema, 200m A 23.9s; high jump A 1.75m.

Jack Reed, 200m B 24.9s; 400m B 59.2s.

Liam Mistry, 800m A 2:09.04; 1,500m A 4:56.2; 5,000m A 18:22.3.

Craig Snook, pole vault B 2.20m; javelin 39.01m.

Dave Bauer, shot put A 10.87m; hammer A 35.15m; discus A 7.25m. Chris Clark, discus B 21.64m; hammer B 24.10m.

Soleus Southern Men's League division one east (top five): 1. Harlow 462.5, 2. Bexley 409.5, 3. Maidstone and Medway 409, 4. Bedford 235, 5. Luton 263.

HAC women get Southern League 2014 off to a flyer

HOPE for the future was shown as the Harlow Athletic Club women's team kicked off their 2014 Southern League with a series of tremendous performances.

The 2014 division one campaign got under way with Harlow's 'home' match at Erith, Kent.

The match was well contested with Harlow's women ending the day 84 points adrift of Haywards Heath, with Hercules Wimbledon a further 73 points further back.

Such a good showing was largely due to the women and girls' willingness to fill in in events that they would not normally cover in order to secure points for the team.

Rachel Kyobe, a thrower rather than a runner, began the day in the 300m hurdles, finishing in second place. This set the tone for the others to follow.

The evergreen Dawn Jones fulfilled a maximum quota of five events and won the high jump and triple jump.

Abbie Campbell picked up second in the 200m and helped out in the 800m, placing fifth.

Mel Allam, making her league debut for Harlow, took first in both the shot put and javelin.

Annabel Owen scored valuable points in both the long jump and 800m in addition to her fourth place in the B 100m.

Her twin, Hannah, was sixth in the 1,500m and claimed second in the 80m hurdles.

Steph Fuller, team captain, also fulfilled her maximum quota and her most notable result came in the hammer. After nearly two years of injury she returned to throwing right-handed and won the event with 32.80m.

Bridget Owen ran the 3,000m and then participated in the 4x400m relay.

The U-15 girls took their lead from the example set by the senior women and were just as spirited.

Nicole Chambers had a strong individual day with two first places and a second in her three events.

Jessie Parkinson made her club debut picking up first in the B 100m and threw javelin and discus too.

Claudia Andrews returned to action after a long injury lay-off and acquitted herself well in the 75m hurdles, 200m and long jump.

Caitlin Griffin and Megan Reid took part in the shot put and high jump, taking second and third in the A and

B events respectively.

Caitlin also ran the 800m for team points and Louise Owen ended the day with first, second and third places in the 800m B, javelin A and discus A respectively.

Club coach and women's team manager, Steve Lott, said: "This was a tremendous weekend for the club. I was very proud of all the girls and women.

"A lot of our junior women and men, rightly prioritised GCSE revision over participation whilst others were saving themselves for the Essex County Championships on Sunday.

"We also have one or two senior athletes to return from university and injury; we can't wait to get them all out at the same time and we can only get stronger!

"The individual success on Sunday is obviously fantastic for those concerned and is also massively important for the club.

"It helps to raise our profile and vindicates the hours of dedication put in over the year. Congratulations to all the athletes and coaches."

Southern Women's League results:-

Senior Women: Annabel Owen, long jump

B 3.22m; 800m A 3:22.6; 100m B 15.1s.

Hannah Owen, 80m hurdles A 16.4s; discus B 14.88m; 1,500m A 6.41.9.

Mel Allam, javelin A 24.47m; shot put A 7.76m; 200m A 31.8s.

Abbie Campbell, 800m B 3:33.4; 200m B 29.1s.

Bridget Owen 3,000m A 16:47.1.

Dawn Jones, triple jump A 9.42m; long jump A 4.41m; pole vault A 1.70m; Dawn Jones high jump A 1.40m; 400m A 67.8s.

Steph Fuller, javelin B 16.02m; hammer A 32.80m; discus A 22.30m; triple jump B 6.07m; 400m B 103.4s.

Rachel Kyobe, shot put B 6.46m; 80m hurdles A 17.4s, 300m hurdles B 61.7s.

U-15 girls: Nicole Chambers, 100m A 14.3s; 200m B 29.3s; long jump A 4.20m.

Claudia Andrews, 200m A 31.1s; long jump B 3.45m; 75m hurdles 17.4s.

Caitlin Griffin, 800m A 2:52.2; high jump A 1.15m; shot put A 4.87m.

Megan Reid, high jump B 1.05m; shot put B 3.83m.

Louise Owen, 800m B 2:56.4; discus A 12.83m; javelin A 10.62m.

Jessie Parkinson, 100m B 14.9s; discus B 8.71m; javelin B 8.83m.

Overall results: Haywards Heath 329, Harlow 245, Hercules Wimbledon 172, Paddock Wood 124, Dorking 114, Chiltern 82, Swale 39.



GOLDEN ONE: New Essex champion Will Marklew (s)

Golden trio are the county cream at Chelmsford

WILL Marklew, Will Snook and Naomi Harryman were crowned Essex county champions after a great day for the trio and Harlow Athletic Club.

Harryman won both the U-17 80m hurdles (12.26s) and U-17 long jump at Chelmsford.

Her long jump was a massive personal best (PB) of 5.94m.

Her training partner, Marklew (15), picked up gold in the U-17 high jump with a PB of 1.84m and claimed bronze in the U-17 shot put.

Marklew's leap of 1.84m in the high jump beat the silver medalist by a massive distance of 14cm.

Later that day, Marklew gained a bronze medal in the shot put with a very respectable 12.09m throw, which was just a few centimetres short of his PB.

Last month, Marklew was crowned Essex county octathlon champion and ranks number one in the UK for the eight-event championship.

He will also compete at next weekend's second stage of the county championships, where he will defend his javelin county champion title.

Snook claimed the U-20 title in the

400m in a PB of 49.81.

He went under 50 seconds for the second time in two weeks.

Dylan Ellis won the U-17 100m with a time of 11.48s.

Meanwhile, there were some top performances from Harlow-based Woodford Green AC members.

Mark Hall student Canaan Solomon (15) clocked the fastest time in the UK for 15-year-olds when he recorded a PB of 4:00.8 in the 1,500m at Watford.

Also at the same meeting Burnt Mill student Owen Armstrong (15) ran a PB of 4:36.

Casey Mansfield (12), a Burnt Mill student, was another to run a PB, clocking 5:39 in the 1,500m.

At Southend last Sunday, Brandon Schibchurn (14), a Mark Hall pupil, kept up his unbeaten run by scoring two fine victories against winds of 25mph, running 12.9s for the 100m and 25.7s for the 200m in the U-15 boys age group.

Jodi Ratcliff (15) won in the U-17 girls 800m in 2:25.8, just ahead of Rosie Poole (14), a Stewards student, who was fourth in 2:31.

In the U-13 girls race, Siena Taylor (12) a Burnt Mill student, ran a PB of

5:41 in the 1,500m, taking third spot.

In fifth place was school mate Hannah Page (12) clocking 6:06.

Albie Wickenden (11), a Kingsmoor Academy pupil, ran a PB of 2:48 in the U-13 boys' 800m.

Kyesha Robinson (12), a Burnt Mill student, was third in the 300m in the U-15 girls race, recording 47.2s.

Her school mate Megan Caswell was sixth in the U-15 girls' 1,500m in 5:54.

At Woodford, nine-year old Hollie McArdell ran 2:03 in the mixed U-11 girls 600m, taking third.

St Nicholas pupil Georgina Handford (9) was fourth in 2:14, while Claudia King (9) was fifth in 2:18. In sixth place was Water Lane pupil Daisy Poole (8) in a PB of 2:23s.

Jodi Ratcliff won the U-17 girls 800m in a PB of 2:20.8, the fastest time in Essex so far this year for her age group.

In the U-17 boys' 800m, Burnt Mill student Jack Shury (15) was sixth in 2:26s, a PB by some 10 seconds, and ahead of Mark Hall student Ben Pattison (16), who also ran a PB of 2:09s for fourth place in this race.

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Baxter back but side can't find first victory

Harlow 188
Woodford Wells 192-7
Harlow lost by three wickets
(Shepherd Neame Essex League, division one)

NICKY Baxter earned the plaudits on his return to the Harlow first team but he could not help Rehman Ahmed's side from securing their first division one victory of the new season.

Baxter took 4-55 and threatened to turn the game back in Harlow's favour with two late wickets.

However, it was too late and Woodford Wells won with three wickets in hand.

Earlier, Harlow won the toss and decided to bat first.

The top order struggled until a wonderful innings from Anthony Webb (65), who was well supported by Luke Monger (22) and Luke Heskett (10) to ensure a defendable total of 188.

Once again Harlow showed the fight, commitment and desire required to stay in this division epitomised by Webb's innings which displayed both determination and class.

Woodford were put under pressure immediately by the Harlow attack and were 3-2 inside the first five overs.

Rishabh Shah (80 not out) rebuilt the Woodford innings.

He was well supported by Rehan Iqbal (48).

Tom Ryder (2-48) once again excelled with the ball in a tight and testing spell from one end.

Woodford finished on 192-7.

Woodford Wells II (228-4) beat Harlow II (227) by six wickets.

Surath Bastola (61) and Simon Baulcomb (64) played superbly.

Harlow's third team (155-9) remain top of their division after a narrow one-wicket victory against Upminster (151).

Harlow had been reduced to 28-4, before Dipendra Basnet and Soulat Ali restored some order.

However, when both these two fell within two overs of each other, the match swung back in the favour of Upminster.

Harlow needed 14 to win with two wickets remaining.

Waqas Ashan hit a six out of the ground to tie the scores, but the very next ball was bowled.

Kyle Farmer joined Dave Whellams at the crease and after a couple of close shaves the winning runs were obtained.

Harlow's fourth team (244-8d, Sarwat Ali 30 not out and 4-51, Chris Jones 29) drew with Shenfield (230-7).

Missouri magic will put Gab on golf map

GOLFER Gabriella Cowley can earn her place in history when she makes her Curtis Cup debut for Great Britain & Ireland, as the team bid to end 20 years of hurt when they look for their first victory on American soil in this competition since 1994, writes ALAN SCOTT.

Cowley, of Threshers Barn near Harlow, only turned 18 in March but knows age is no barrier and says it's a dream come true to be called up for the eight-person GB&I team for the first time in her blossoming young career.

The youngster, a member at Ware's Hanbury Manor Golf & Country Club, heads to America on Monday for two weeks' intensive practice and preparation ahead of the start of the three-day tournament being held at the St Louis Country Club in St Louis, Missouri from June 6-8.

"This is what I have worked so hard for. I feel we are going to win it. We are a good team and everyone is playing well," said Cowley, who plays off +4 and plans to turn professional in December.

"It's a big achievement. It's the thing that I've worked for the most this season."

GB&I are holders of the competition having triumphed in Scotland, the last time it was held two years ago.

However, Cowley knows how tough it will be on American soil.

Even in 1994, the sides drew 9-9 which meant GB&I retained the trophy. They last actually won in America in 1986 at Prairie Dunes Country Club in Hutchinson in Kansas, a 13-5 thrashing for the U.S team.

"It's going to be hard because it's in America. They are going to have all their fans. I think we will just go and play. It's an experience in itself just to play," she said.

The Curtis Cup is played in a Ryder Cup format of fourballs, foursomes and singles, and is the world's premier team competition for amateur women golfers.

The historic competition was first played in 1932, and is named after sisters Harriot and Margaret Curtis, with four victories in the U.S. Women's Amateur Open between them. The sisters donated the trophy for the competition.

This will be the first time Cowley will have played in America.

"I looked a little bit at the course [in Missouri], it's not very long. I think it's quite tight. You have to put the ball in the right positions because the greens are sloping. It's going to be like Augusta.

"We will just take every game as it comes. Two years ago they [GB&I] came from behind. You are never out of it until the end.

"There's a lot of top players in our team. Everyone who is in the team has to be good."

Cowley was named in the GB&I team alongside her friend, 17-year-old Annabel Dimmock.

The pair recently helped England win the Nations Cup, great preparation for this event.

Cowley watched the GB&I team win in 2012 – the first time they had even won the competition in 18 years – and is confident they can hold on to their title. "I knew most of the players



PLACE IN HISTORY BECKONS: Curtis Cup debutant Gabriella Cowley in her GB&I kit and, inset, practising for the big event in the USA (More photos from Vikki Lince at www.harlowstar.co.uk/sport)

that played then. To see them win, we know that we can go and win as well," she added.

Lucky escape for speedway star after dramatic crash

HARLOW'S Rye House Rockets speedway rider Luke Bowen was lucky to emerge unscathed after a horrific crash which saw him catapulted over his bike and land heavily on the track during Saturday's match against Sheffield.

The 28-year-old, right, who is in his testimonial season for the Hoddesdon team, went into the back of Sheffield's Josh Bates after chasing hard for second spot in Heat 8.

Former Mark Hall School student Bowen was treated on the track for the best part of 10 minutes, with the crowd fearing he had sustained a possible collarbone injury.

Fortunately he eventually got up and walked back to the pits – but

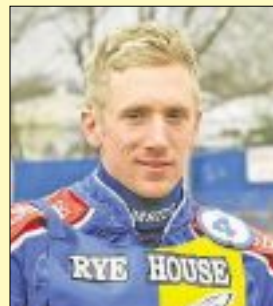
was withdrawn from the meeting by promoter Len Silver.

"I was racing hard and trying to take Bates on the inside and committed to that," Bowen said. "But he locked up and there was nothing I could do and went into the back of him.

"I was thrown into the air but luckily my air jacket went off just before I landed to soften the impact. I've got bruising on my shoulder, but I'll definitely be OK to ride on Sunday [at home to Plymouth, 2pm start].

"The only bad thing is I've written off my bike so it's going to cost me a lot to replace it and it was going really well for me."

Silver said everyone had their hearts in their mouths as Bowen flew through the air. "It looked



awful, but luckily Luke's OK. I decided to rest him for his last [scheduled] ride. He's so important to us and I didn't want to risk him having any after

effects from his crash.

The meeting was won by Rockets 52-38.

"It was a wonderful result for us, and there was some incredible racing," said Silver.

"It was neck and neck and they went into the lead and it looked like we would be in trouble. But then we got a 5-1 in Heat 9 and after that we took it by the scruff of the neck."

Silver was also pleased that his skipper, Jason Bunyan, was getting back to top form.

"He's much happier now. He had a good meeting and got a good win in Heat 9. He just needed some time to get back his form."

● SEE our dramatic pictures of the crash at www.harlowstar.co.uk

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